



**MEMORIES FROM THE HEART**



THE SACRED HEART SCH

VIRILITER AGE





SCHOOL

KT 5005  
SACRED HEART  
VA  
P2 8/SEPT/04

KT 5005  
SACRED HEART  
VB  
P2 8/SEPT/04

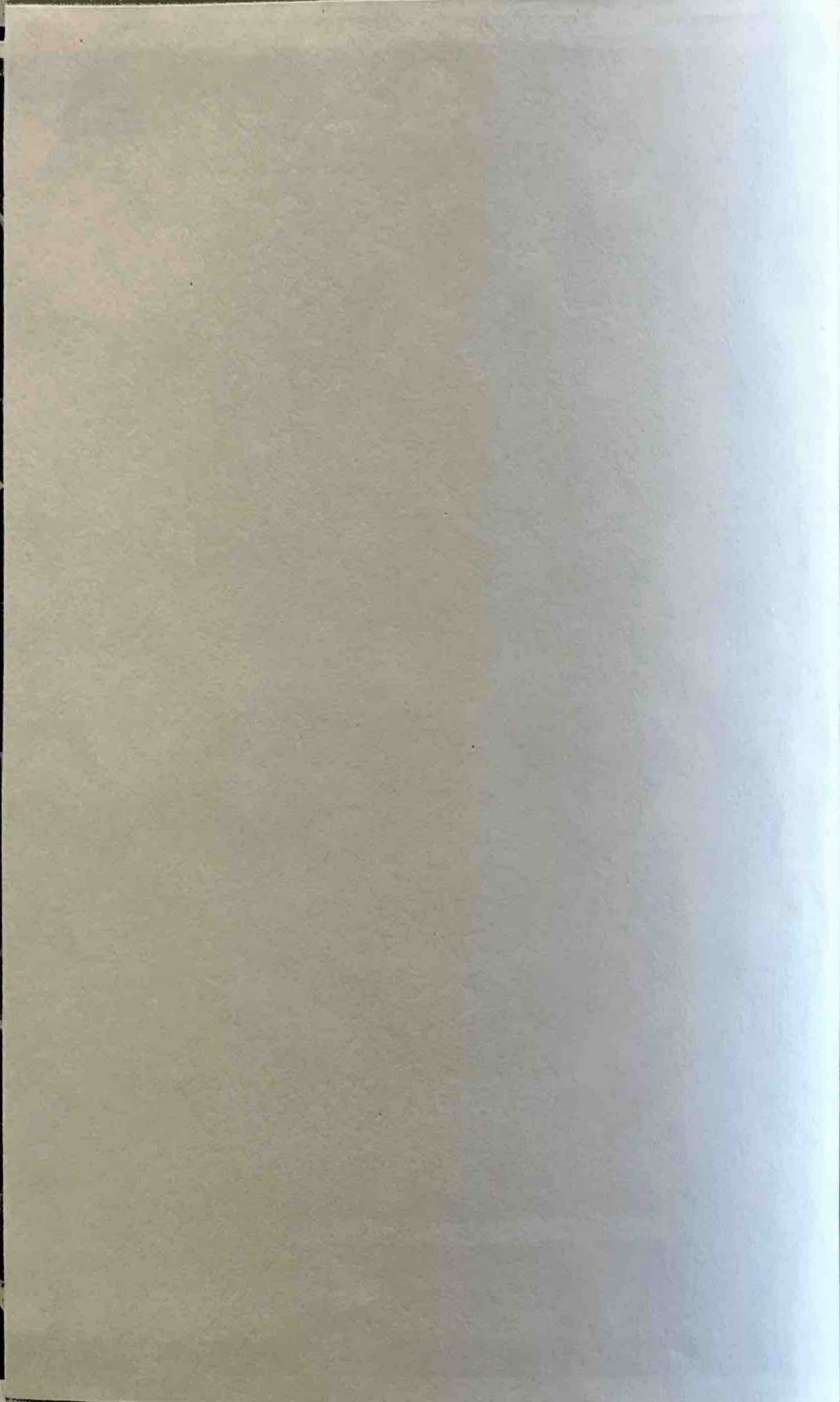
KT 5005  
SACRED HEART  
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KT 5005  
SACRED HEART  
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2003-2004

Sacred Heart  
Retakes





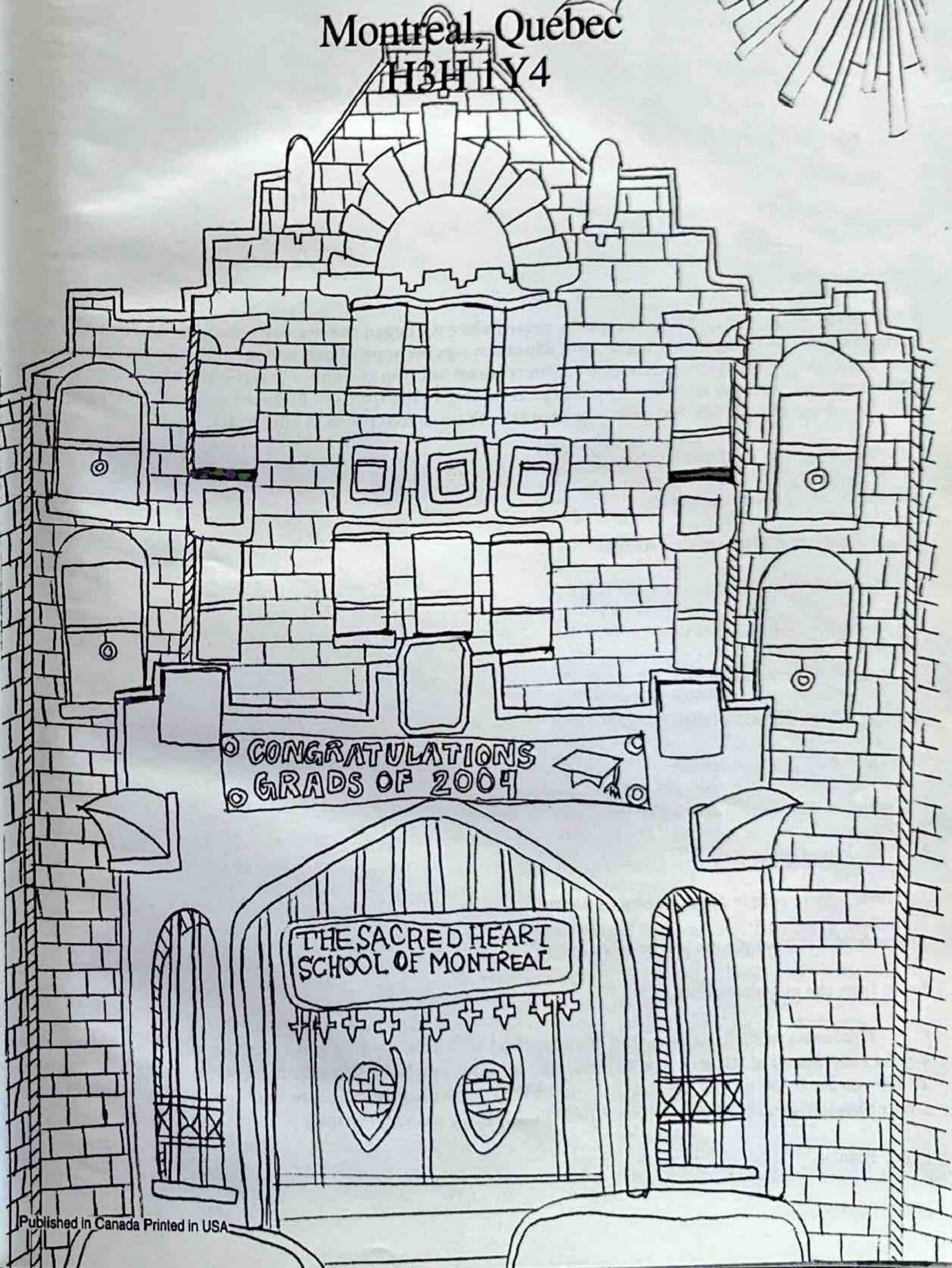


# The Sacred Heart School of Montreal

3635 Atwater Avenue

Montreal, Quebec

H3H 1Y4





# HEADMISTRESS' ADDRESS

Dear Graduates,

It is difficult to imagine that five years have passed since we began our journey together. As you leave Sacred Heart and move on to the next stage of your education remain hopeful and strong, so that your dreams may come true. Understand that life experiences are lessons meant to bring you closer to self-knowledge. Know your past, understand your present, and strive towards your future. In the words of Eleanor Roosevelt: "Many people will walk in and out of your life, but only true friends will leave foot prints in your heart."

To handle yourself, use your head;

To handle others, use your heart.

Anger is only one letter short of danger.

If someone betrays you once, it is his fault;

If he betrays you twice, it is your fault.

Great minds discuss ideas;

Average minds discuss events;

Small minds discuss people.

He, who loses money, loses much;

He, who loses faith, loses all.

Beautiful young people are accidents of nature,

But beautiful old people are works of art.

Learn from the mistakes of others."

Graduates of 2004, may the God of strength be with you, holding you in strong-fingered hands, and may you be a sacrament of His strength, to those whose hands you hold. May the blessing of strength be upon you. Thank you for being part of our lives and many thanks to co-editors Candice Fridman, Natalie Melikoff, their advisor Ms Lessey and all those who helped fill this book with memories.

Elaine Brooks

Headmistress





To the Graduates of 2004,

Five years have come and gone very quickly and each yearbook freezes your memories in time. This book is a collage of your final year at The Sacred Heart School of Montreal. Take these memories with you, knowing that you have received an excellent foundation at our school and it is now time to move on to the next phase of your life. Congratulations to the class of 2004 and best wishes in your future endeavors.

*Peter Kousik, Director of Studies*



To the Graduates of 2004,

Five years have flown by so quickly. Knowing you all the way that I do, I am confident you are a group of young women who will make a difference in the world. Your education has given you the skills to build a worthwhile life for yourselves- a life filled with respect for others, with unselfishness, with strength and gratitude. And never forget that precious sense of humour. You have all that is required to make the world a better place. Each one has meant a great deal to me.

I love you and care about you and I will miss you.

*Roseanne Del Torto, Director of Students*



To the Graduating Class of 2004

Heartiest Congratulations, your diligence and hard work has paid off and as you leave The Sacred Heart School of Montreal, each of you will forever be known as a graduate of "The Class of 2004". This is a proud moment and an event you will rightly cherish as you proceed to complete your studies in your chosen fields. The environment you leave behind remains strong partly because you have been a successful participant in it for the last five years but also because of the traditions and values embodied in the Sacred Heart experience, as articulated in the Five Goals. As you confidently venture forward remember that your respective future successes will also be a tribute to the school. Come back to visit your roots and keep in touch with old friends. Good luck and God bless.

*Abid Salman, Business Administrator*



The Greek philosopher Epicurus placed high value on friendship. He wrote, "of all things that wisdom provides to help one live one's entire life in happiness, the greatest by far is friendship." He also reminds us to "wake to blessedness" for friendship "dances around the world." Wherever your path takes you on this earth, treasure your friends- both old and new- and remember Sacred Heart and the City House, your home.

*Colleen Bronson, Director of Advancement and Alumnae Affairs*



# THE FACULTY 2003-2004



Ms. Antonini



Ms. Arella



Ms. Arnaud



Mr. Bahou



Mrs. Barnett



Mme. Belfort



Ms. Bichsel



Mr. Bordonaro



Ms. Bosmediano



Mr. Boyer



Ms. Bucaro



Ms. Carbone-McNally



Mrs. Cochrane



Ms. Crowe



Ms. Cumming



Mme. de Sainte Marie



Ms. Di Palma



Mme. Drouin



Mr. Filipe



Mr. Filipe



Mrs. Filipovich



Mr. Fillion



Ms. Fougere



Ms. Gendron



Mr. Griffin



Mr. Guilbault



Mr. Hammett



Ms. Ingleton



Mr. Judson



Mr. Kokkinias





Ms. Lakatos



Mr. Laperle



Mme. Laquerre



M. Lamouche



Ms. Lessey



Ms. Maccallum



Ms. Maclellan



Ms. Martel



Ms. Mastro



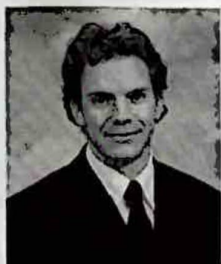
Mme. Morrisseau



Miss Neeff



Ms. Nish



Mr. Page



Miss Potter



Ms. Rocha



Ms. Seeger



Mr. Snapkauskas



Mme. Talbot



Mme. Tchernigovskaia



Ms. Trop



**WORDS**  
**are not enough**

to  
thank you  
for  
all  
you do



# STAFF CANIDS



"Yeah Sure..."  
"Anyone?...Anyone?..."

Mr. G



"Get Connec-ted"  
"Cry me a river"  
"Mind yo business"

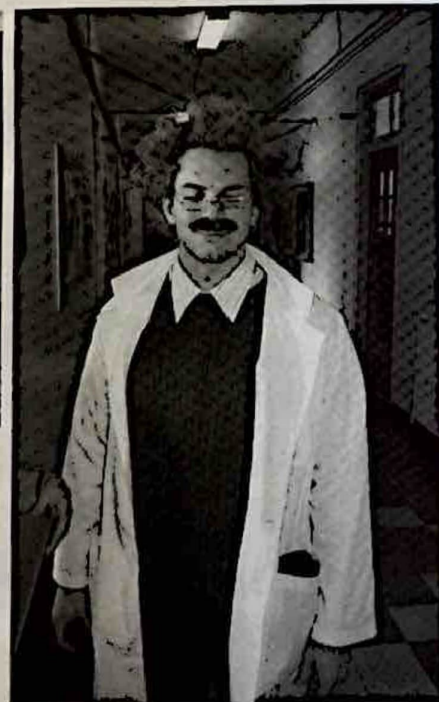
Mr. K



"Ladies... and I do use that term  
generously (in some of your cases)"  
"That reminds me..."

Mr. B

"Wise Words" of 2004







COOL  
THOUGHT

"You're only given a little spark of madness. You mustn't lose it."

Robin Williams



Teaching is touching lives.



00-EDITORS

one word- thanks.  
Nat

Ah, Nat Yearbook is almost over... so I guess it's safe to say we've spent a year in that room without destroying it (well, sort of) without setting the school on fire, and without killing each other. You truly are lovely, and you know it. Ms. Lessey... it's been gorgeous, thanks so much for everything for the guidance, the patience (and for that you deserve a prize), but mostly for the LAUGHTER, which was always plentiful. It's been fun. I have lost (and found) the yearbook key almost as many times as I've been in the Yearbook Room. It's lucky Nat's more organized. I have lived at the school for the past year. It's a wonder I have yet to be charged residence. (and I still managed to be away for nearly every deadline) To the graduating class. I love you all... and in ten years when you pull out the yearbook and cringe at your former selves (and you know you will!) remember who was (partly) responsible for the preservation/ humiliation... much love

Candice

# EDITOR'S PAGE

Thank you to our crew... especially to  
CATHERINE BORNASAL  
JESSICA SEW  
and MARINA LAVERGHETTA

**WE LOVE YOU!**



MS. LESSEY  
(ADVISOR)



# The Prefects 2003 2004



The Executive-  
Vanessa Lombardi- President  
Amanda Conca- Vice President  
Deidra Santos- Secretary  
Katie Stavro- Treasurer  
Nicole Brunelle- GAA Co-Captain  
Halina Bruce- GAA Co-Captain



House Heads  
Tanya Chawla- Barat  
Keyinsha Yokenderan- Digby  
Christina Rizzo- Duchesne  
Stephanie Coull- Hardy  
Sarah Al-Roubaie- Sheldon  
Tiffany Porraccio- Stuart  
Lisa Zimanyi- Trincano





# HOUSES







**Co-Captains:**  
**Catherine Bornasal**  
**Elise Carré**  
**G.A.A. Representatives:**  
**Vanessa Pendenza**  
**Jessica Sew**

# BARAT

**Mascot: Morty the Bear**  
**House Colour: White**

**HouseHead:**  
**Tanya Chawla**



**HouseHead:**  
**Keyinsha Yokenderan**

# DIGBY

**Mascot: Leo the Lion**  
**House Colours: Pink & Grey**

**Co-Captain:**  
**Ashley Arnold**  
**G.A.A. Representatives:**  
**Stephanie Vokaty**  
**Natasha Egizlano**







**Co-Captains:**  
**Sara McCulloch**  
**Romina Perrotti**  
**G.A.A. Representatives:**  
**Diana Mackinnon**  
**Tania Pellizzari**

# **DUCHESNE**

**Mascot:** Rose the Ladybug  
**House Colour:** Red

**House Head:**  
**Cristina Rizzo**



# **duROUSIER**

**Mscot:** Big Bird the bird  
**House Colour:** Yellow

**Co-Captains:**  
**Liana Casella**  
**Claudia Spina**  
**G.A.A. Representatives:**  
**Caroline Rukldorf-Zabarsky**  
**Sophia Grigoropoulos**





**House Head:**  
**Stephanie**  
**Coull**

# HARDEY

**Mascot:** Henrietta the Monkey  
**House Colour:** Orange

**Co-Captains:**  
Betha Clarke  
Natasha Rizzo  
**G.A.A. Representatives:**  
Patricia Snell  
Jennifer Marton



**Co-Captains:**  
Bianca Daniell  
Anne Fournel  
**G.A.A. Representatives:**  
Robyn Grassby  
Sophie Predan-Chauvin

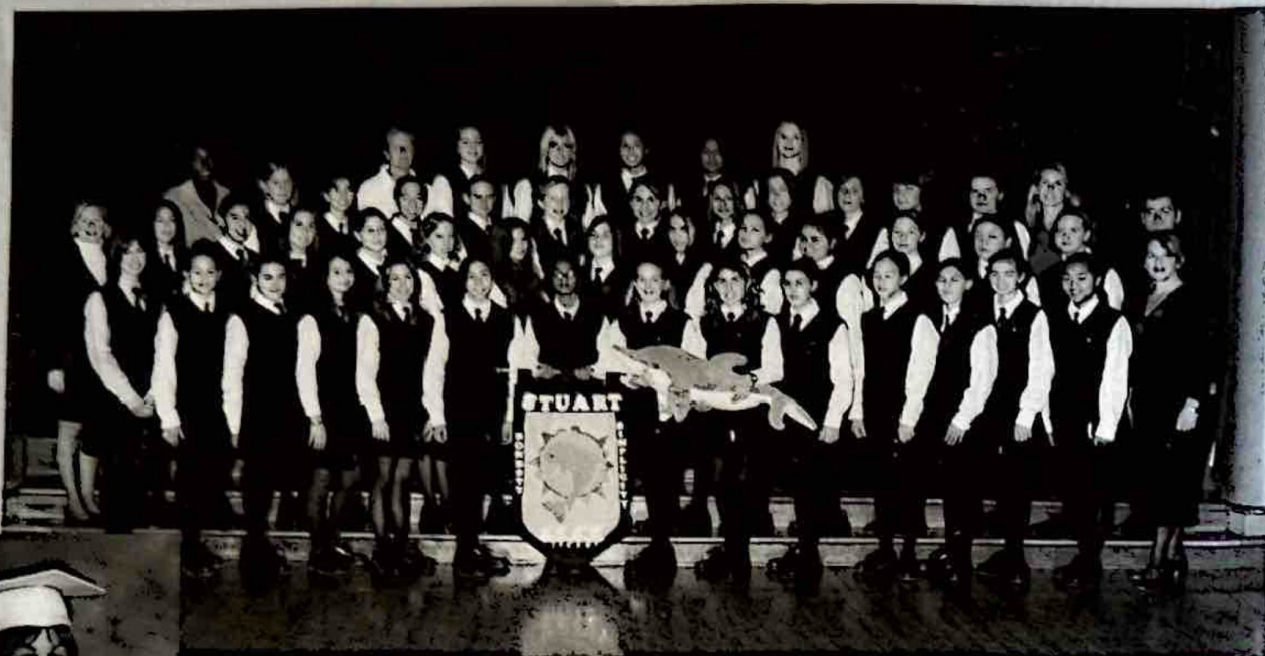
# SHELDON

**Mascot:** Mr. Green Jeans the Turtle  
**House Colour:** Green

**House Head:**  
Sarah Al-Roubaie







**House Head:**  
**Tiffany**  
**Porraccio**

# STUART

**Mascot:** Dylan the Dolphin  
**House Colour:** Blue

**Co-Captains:**  
**Vanessa Pertugia**  
**Teresa Chimienti**  
**G.A.A. Representatives:**  
**Charlotte Lamontagne**  
**Gillian Davis Annett**



**Co-Captains:**  
**Alexandra Valente-Fernandes**  
**Natasha Lo Basso**  
**G.A.A. Representatives:**  
**Alyssa Power**  
**Natasia De Paoli**

# TRINCANO

**Mascot:** Casie the Cow  
**House Colour:** Purple

**House Head:**  
**Lisa Zimanyi**

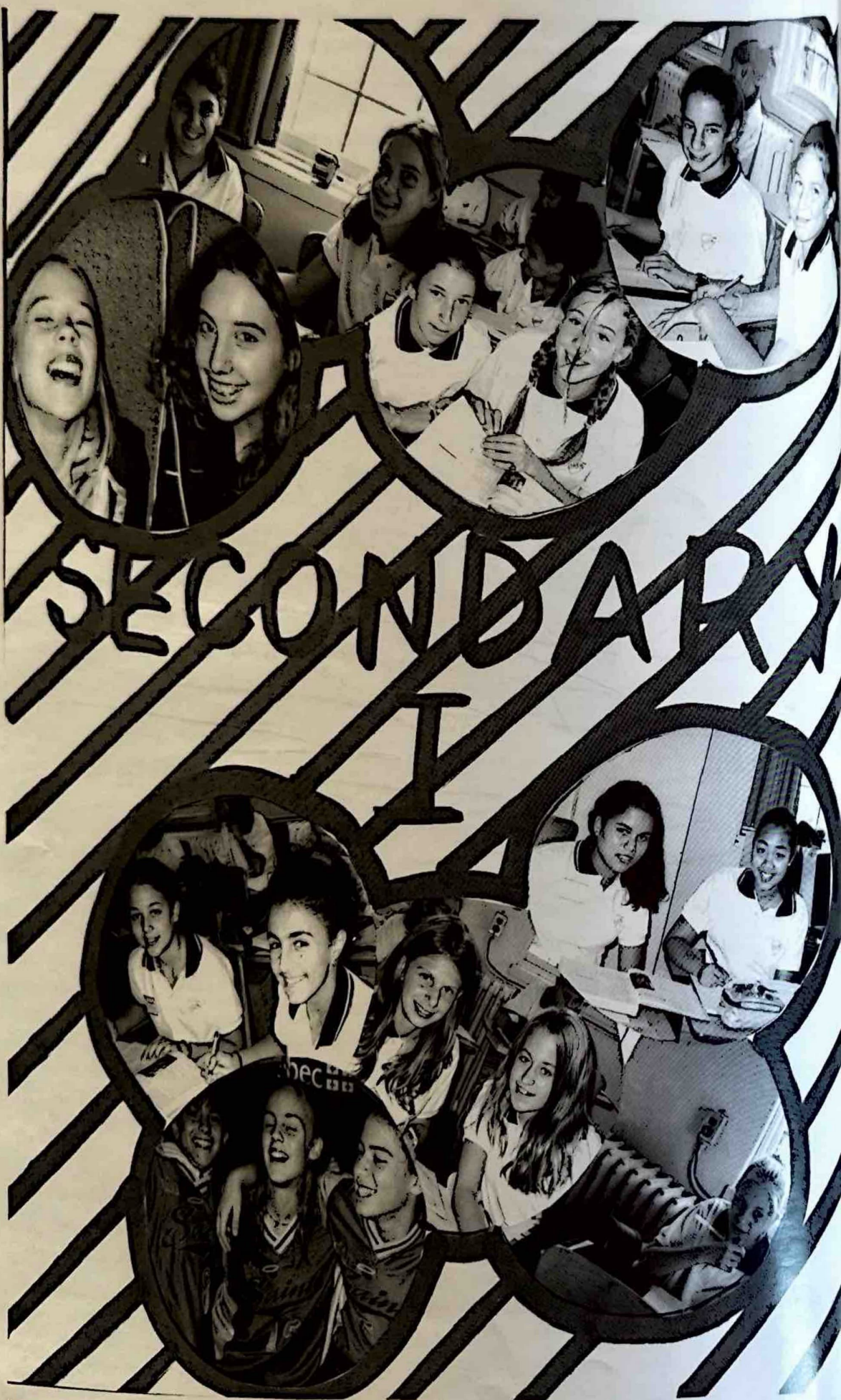






# UNDERGRADS











# Class of 2008

Stephanie Aboud  
Staci Angelis  
Bianca Arciero  
Alessandra Arduini



Lia Asquini  
Amanda Aziz  
Samantha Backman  
Alyssa Baldoni



Gabrielle Balit  
Emily Belleau  
Bianca Bertoia  
Jessica Bindra  
Kerry Blake-Savery  
Claudia Briceno Deratmiroff



Chelsea Brossard  
Tara Brownbill  
Pamela Caccese  
Laurinda Caporusio  
Lisa Cavalluzzi  
Cassandra Chase



Vanessa Cheng  
Caroline Colozza  
Angela Cristiano



Bianca Cuffaro  
Lia D'Abate  
Cassandra D'Ambrosio



Brooke Deer  
Erica Deutschman  
Kayla Di Gaetano



Sofia Di Girolamo  
Lynn Dillon  
Caitlin Dixon  
Olivia Durand  
Alexandra English  
Emelie Flemming-Parker





# Secondary I



Sheila-Louise Gaon Canlas  
Denise Garadjalou  
Alexandra Georgaklis  
Cassandra Giaccari  
Katina Goulakos  
Chloe Griffin



Amanda Hajaly  
Emma Hannouche  
Jessica Hindley



Olivia Kuzyk  
Rachel Larocque  
Darah Lecomplès



Liezl Lee  
Jacqueline Mackinnon  
Samantha Mastromonaco  
Alexandra Michailuk  
Daphne Morin  
Boglarka Pap



Jessica Patriarca-Santamaria  
Chloé Peterson-Beaudoin  
Tiffany Piergiiovanni  
Karimah Rahman  
Katharine Reusch-Desautels  
Marianne Roaldi



Alessandra Ruffolo  
Chloe Russo  
Lauren Santin  
Teresa Sweet



Elizabeth Tomaras  
Alessandra Traversari  
Alexandra Uva  
Alessia Vincelli



Michelle Vokaty  
Vianna Yu  
Balbina Zakrzewska  
Gianna Zappitelli



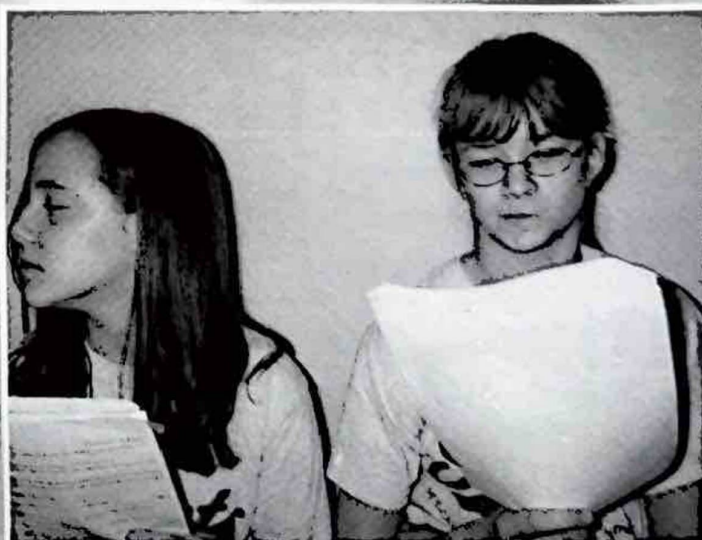
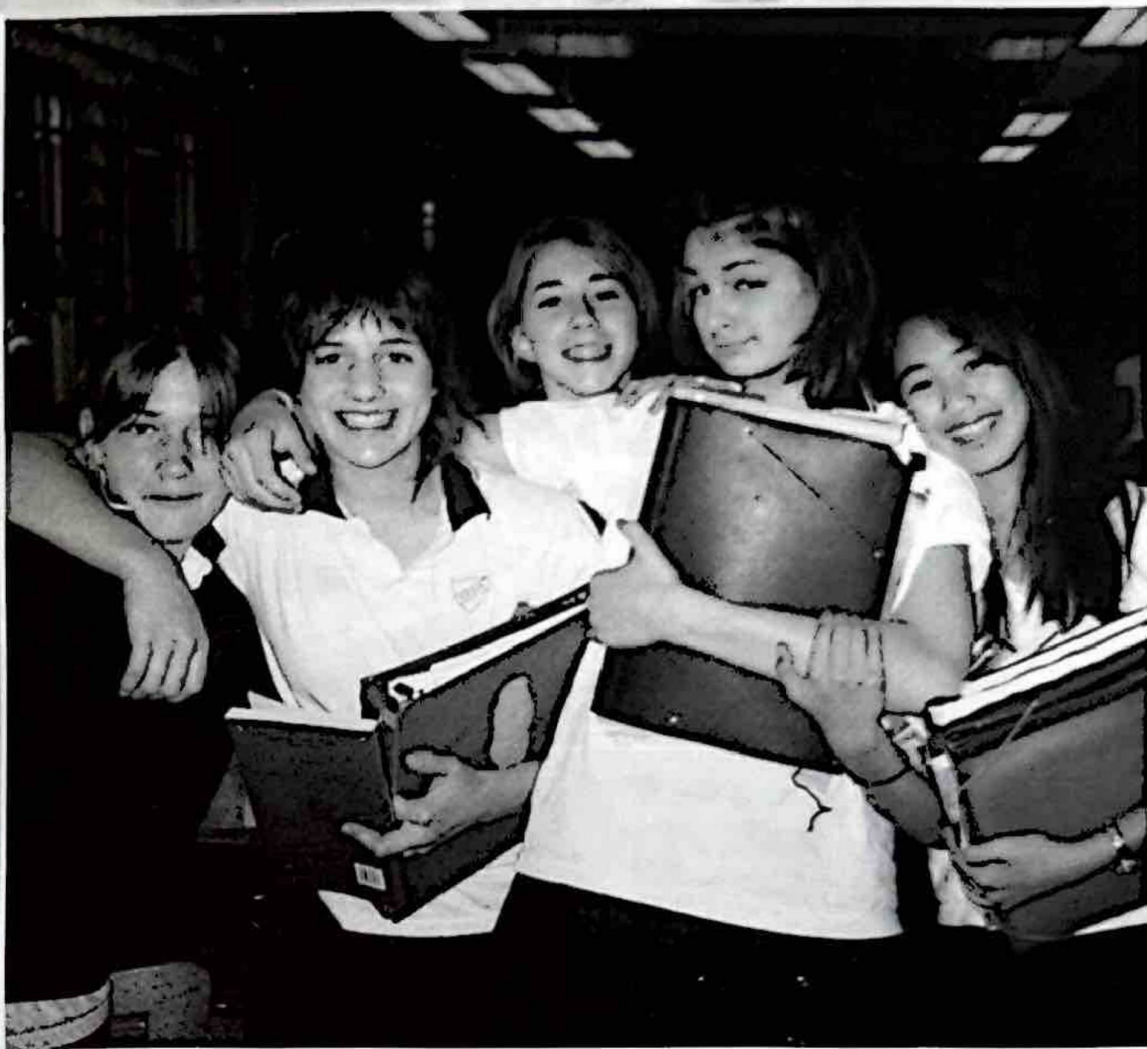
# SEC

# II

# CANDIDS









# Class of 2007

Gabrielle Alacchi  
Melanie Al-Ahmad  
Allyssa Analytis  
Michelle Arseneault  
Lara Artinian  
Joanna Bitharas



Olivia Brown  
Catherine Brunelle  
Olivia Cameron



Jessica Carrero  
Kirsten Charron  
Christina Christou



Madelyn Coull  
Jessica Covino  
Alexina Cowan  
Krystin D'Agostino  
Giuseppina D'Aversa  
Jessica Deer



Amanda De Riggi  
Melissa De Riggi  
Caitlin De Seve  
Alexandra Deutschman  
Léa Dikranian  
Claire Farrell



Ruveneko Ferdinand-Peterkin  
Tara Frem  
Elise Fryml  
Alessandra Giuliano



Melania Golymbiowsky  
Mercedes Griffin  
Alana Guy  
Elizabeth Hatzihristidis



Vanessa Jaskolski-Roland  
Stéphanie Karzon  
Gillian Kerr  
Victoria Laliberté  
Andrea Latella-Duboyce  
Tanya Lo Basso





# Secondary II



Sophia Loffreda  
Melissa Lombardi  
Davina Loporcaro  
Viviane Luu  
Grace MacDonald  
Cynthia Mancinelli



Daniela Manno  
Francesca Manno  
Amanda Marando  
Lisa Martin  
Tian Martin



Marie McCulloch  
Im-Amara Men  
Alexandra Molettieri  
Daniela Molettieri  
Tanya Naami  
Gloria Nguyen  
Mai Nguyen  
Cara Orsini  
Valentine Ostaszewski



Julia Paniconi  
Amanda Phillips  
Josie Piscuneri  
Sonia Ponari  
Kristina Raumondo  
Katrina Ross



Stephania Roy  
Emily Snell  
Chloë St-Cyr  
Elizabeth Stronach  
Hillary Tabah  
Sheena Thibault



Rachel Thouin  
Alexandra Troli  
Lauren-Amy Vaupshas  
Kia Watkins-Martin  
Carissa Wong  
Monika Zilic



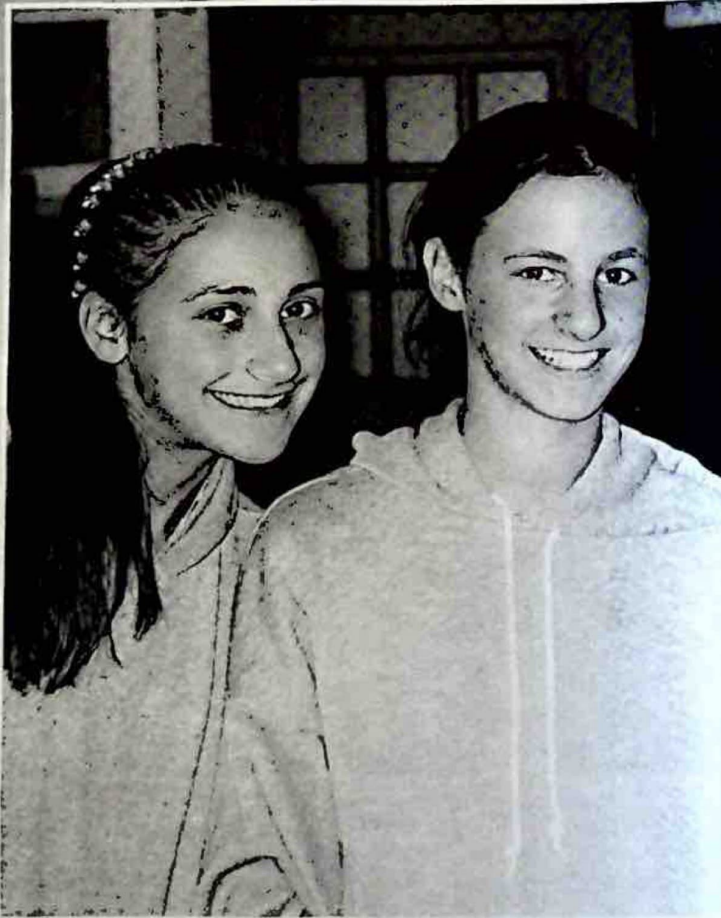
Rachel Thouin  
Alexandra Troli  
Lauren-Amy Vaupshas  
Kia Watkins-Martin  
Carissa Wong  
Monika Zilic





# SEC III

## CANDIDS







Watch out, they're  
loaded!



# Class of 2006

Alexandra Abrol  
Christina Abrol  
Vanessa Afonso  
Stéphanie Alberga  
Stéphanie Amorosa  
Micheline Atallah



Tina Athanasoulis  
Caitlin Babin  
Jennifer Barwick  
Anne Bellini  
Janet Belliveau  
Vanessa Berretta



Stefania Bertrand  
Erin Brownbill  
Olivia Burke  
Andrea Cavaleri  
Sara Cavalluzzi  
Emily Chacra



Shayesta Chattoo  
Virginia Clarke  
Isabella Covino



Sarah Crevier  
Maria Cusma Dovico  
Jessica D'Amico



Elisa D'Ascanio  
Meghan Denison  
Jessica De Rosa  
Melissa Desmarais  
Crystal De'Souza  
Christina D'Itri



Catherine Dunn-Sarmiento  
Catherine Farrell  
Marion Gale  
Linnet Ganten  
Alexandra Giannakis  
Sandra Godin



Robyn Grassby  
Nisha Jaga  
Lambrini Kakogiannakis  
Laura Kavanagh  
Stéphanie Khoury  
Gabrielle Lafrance





# Secondary III



Anastasia Lambrinos  
Charlotte Lamontagne  
Alexandra Lantosh  
Isabelle Levesque  
Michelle Lewis  
Diana Mackinnon



Katherine Mandilaras  
Stéphanie Maris  
Isabella Matteo  
Kelsey Mazzanti



Yasmin Moinuddin  
Jennifer Newton  
Kylie Newton  
Katherine Nicol



Stéphanie Pakis  
Kathryn Palmer  
Jennifer Panetta  
Katerina Pansera  
Melissa Pansera  
Nicoletta Pantazopoulos



Vanessa Pendenza  
Alyssa Power  
Samantha Reusch-Desautels  
Lisa-Marie Rinaldi  
Caroline Rudolph-Zbarsky  
Jennifer Sacco



Alexandra Sampson  
Kristin Sani  
Nadia Santagata



Nadia Simeone  
Patricia Snell  
Bianca Sportella



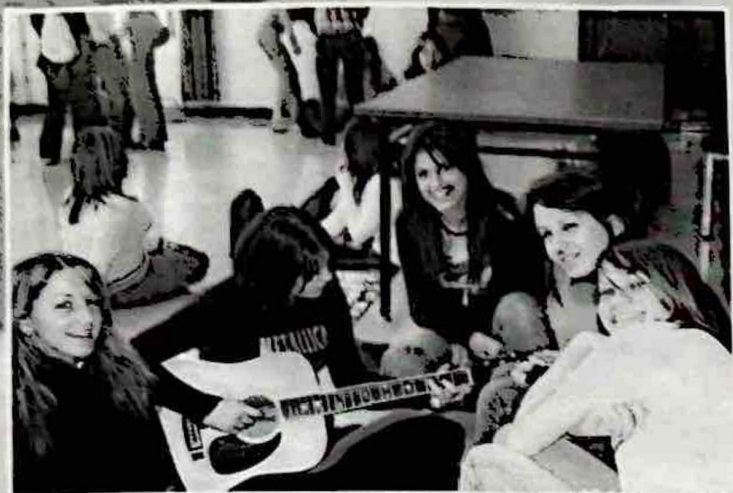
Melanie Tutino  
Stéphanie Vokaty  
Diana Wilberg  
Kayla Yip  
Stéphanie Zakem



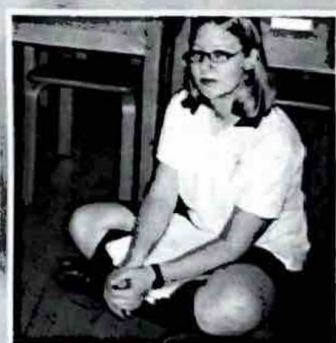
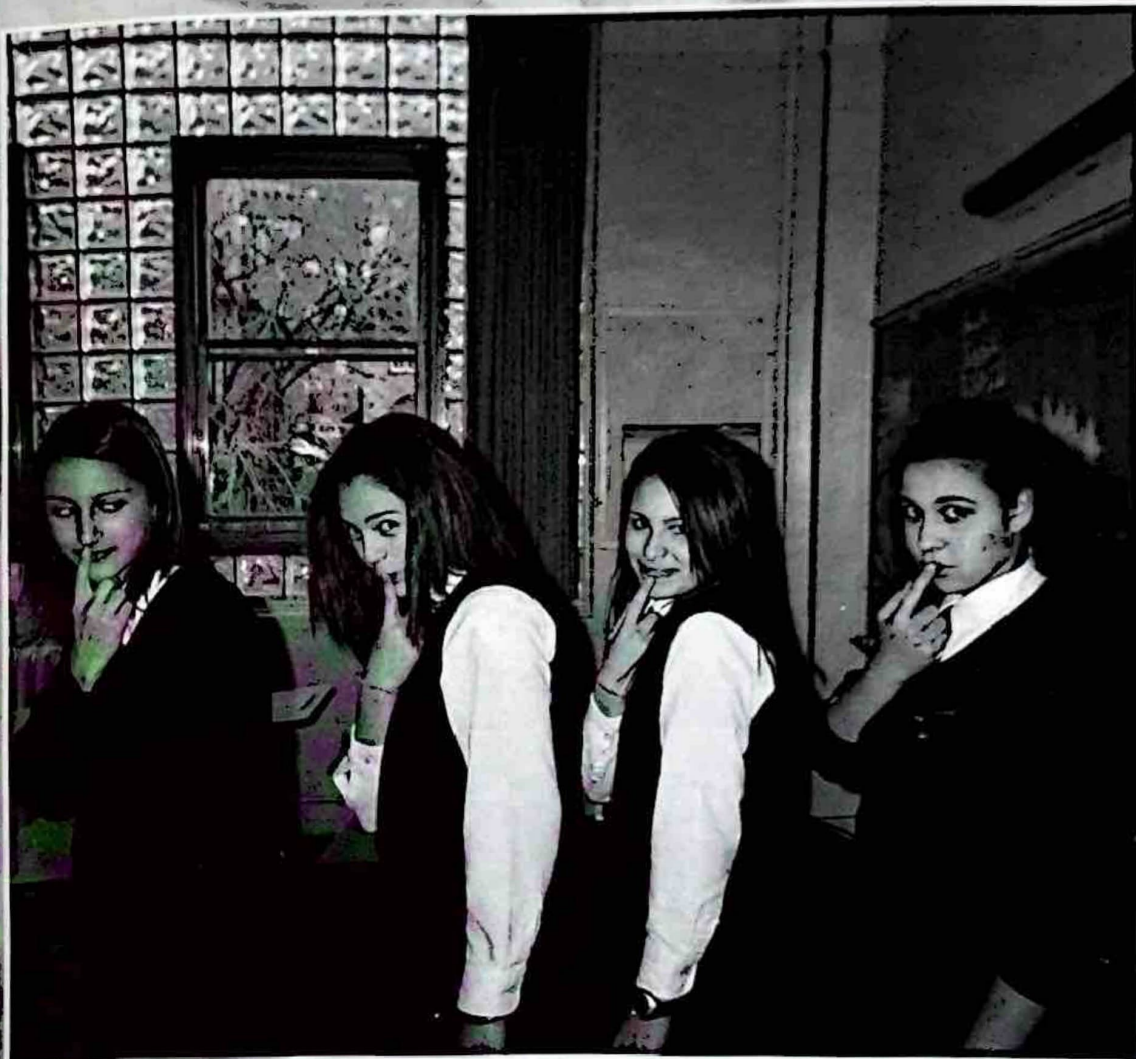
# SEC

# IV

# CANDIDS









# Class of 2005

Katelyn Abbey  
Alique Akkelian  
Anne Arless  
Ashley Arnold  
Robyn Asquini  
Alexandra Bagdoo



Skawerunio Barnes  
Danielle Beard  
Adrienne Campbell



Claire Carny  
Rachel Caron  
Vanessa Caruso  
Melissa Cavalière  
Teresa Chimienti  
Arohie Chopra



Sophie Cowan  
Cassandra Cuffaro  
Amanda Danik  
Lindsay David  
Ashley Davis-Annett  
Nastasia De Paoli



Caroline Donohue  
Natasha Egiziano  
Josephine Esposito  
Meaghan Evans  
Anne Fournel  
Tracy Frem



Carly Frndhandler  
Laura Giaccari



Christa Goulakos  
Sophia Grigoropoulos

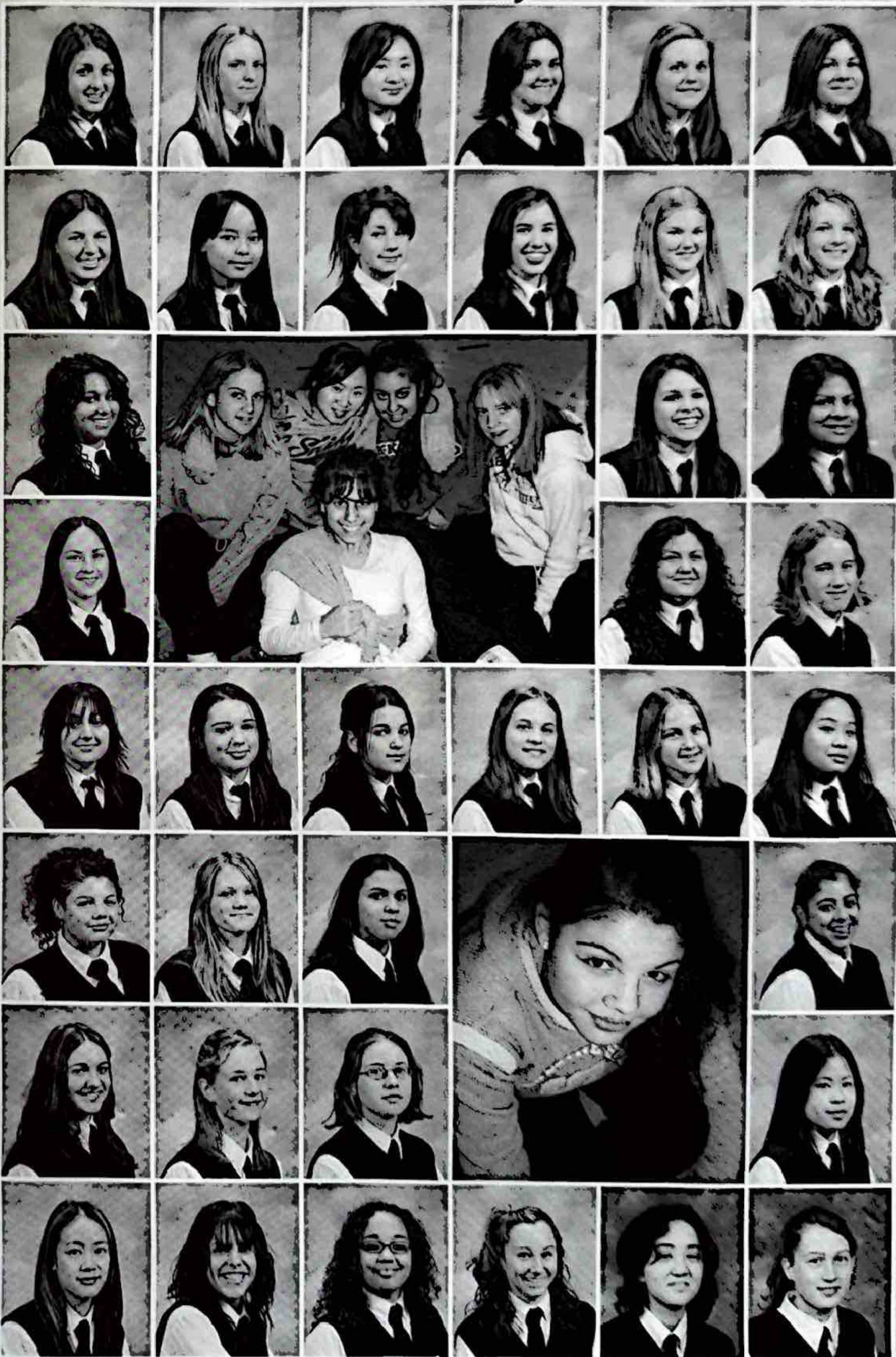


Dayna Hajaly  
Marisa Hattem  
Melissa Hindley  
Krista Hold  
Lauren Jacco  
Maria Kyres





# Secondary IV



Dania Lecomple  
Emélie Lee Larivee  
Jennifer Lim  
Natasha Lo Basso  
Alessandra Manno  
Caterina Marando

Evanthia Markou  
Miju Martin  
Kathleen McCallan  
Sara McCulloch  
Katherine Meredith  
Amanda Murray

Chanel-Ann Najjar  
Stéphanie Panetta  
Deena Patel

Tania Pellizzari  
Romina Perrotti  
Monica Peters

Teresa Piscuneri  
Anna Pollock  
Sabrina Ponari  
Sophie Predan-Chauvin  
Lisa Rasmussen  
Ritz Salvador

Bianca Santangelo  
Andrea Sargisson  
Sophia Sekkat  
Ravneet Singh

Claudia Spina  
Shannon Summers  
Megan Thomas  
Mila Tran

Dan Truong  
Alexandra Valente-Fernandes  
Tenisha Valliant  
Christine Vannelli  
Vanessa Velkoff-Woo  
Diana Zavergiu



## MY PAGE

My highschool career at Sacred Heart began in \_\_\_\_\_

My nicknames were \_\_\_\_\_

My best friends were \_\_\_\_\_

My favorite class was \_\_\_\_\_, but

I never rushed to get to \_\_\_\_\_

The song that I couldn't get out of my head was \_\_\_\_\_

Everyone was wearing \_\_\_\_\_

The story of the year was \_\_\_\_\_

The big event in my life was \_\_\_\_\_

The most embarrassing thing was when \_\_\_\_\_

I couldn't stop laughing when \_\_\_\_\_

I wanted to be a \_\_\_\_\_, but

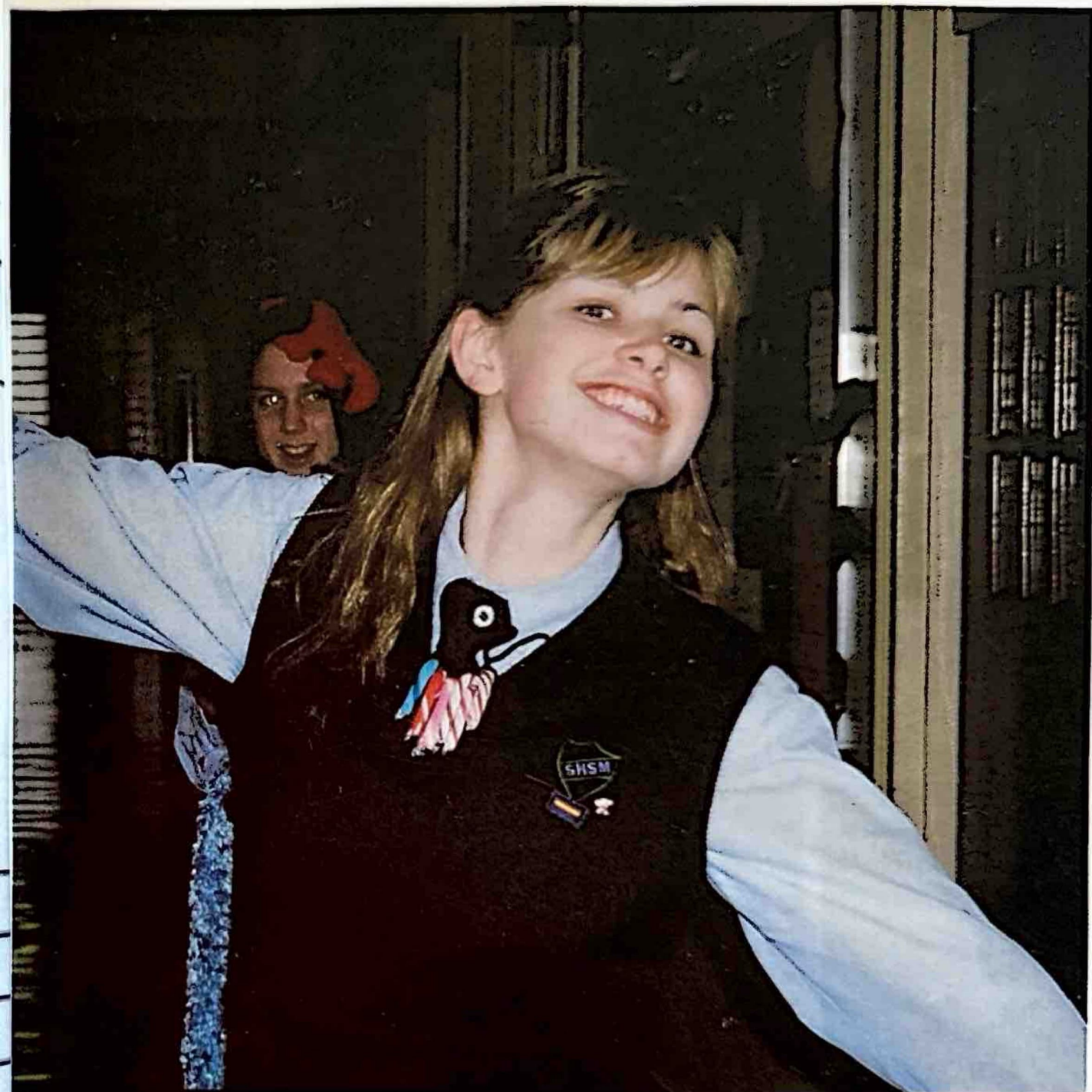
I was also interested in \_\_\_\_\_

Next year I hope that \_\_\_\_\_

I'll miss \_\_\_\_\_ the most

when I leave SHSM.





# GRADUATES





## Martha Aguilar

Mimi\*May you hold my darkest of secrets, t'aime. Tda\*For the most memorable ab-stimulating laughing years. Tintin\*So much for keeping up with you on the slopes, ay! Mary\*The aliens shall be watching you, even after my departure. TAB. Candy\*Lala les Schtroumpfs lala! Charolastras para siempre. Viva la revolucion! Nat\*Don't let the Mushroom(s) infest your garden. Chi\*Mutons! Sandwich (mayo not included) \*(Remember us, for)we are the euro-trash collectif. Binx Sing to the rhythm of my highlighter. Teary eyes Amanda Tiny-tina & gingerbreadman are perfect together, no?

## Laura Aiken

"I'm gonna stay 17 forever, so we can stay like this forever, and we'll never miss a party cause we keep the party going constantly. And we'll never have to listen to anyone about anything, cause it's all been done and it's all been said, we're the coolest kids and we take what we can get." -Brand New. Thanks to all my friends for the fun times. You guys are the best! "We'll see each other again. Meet to dream-rock-slink-slam it-jam in the heart of the world" -Dangerous Angels by Francesca Lia Block



## Sarah Al-Roubaie

WE'VE ALL MADE IT! Mom, Dad, Zehra'a, Ahmed, thanks for everything! HB,SB,LA,JS,AP,JM,NB,LZ,JFG,DS,CB,EC,BC,KY,CD. 66, air mat, FROboy, it rhymes so it must be true, IFFY, kiss, little enchilada, Sec. I lunches, fragile, TGIF, falling down stairs, cheeks, timewarp, workout, bball, GG, Stratford: face masks & hotel, medicare, LaRonde: what's his name?, vocal TO?, EuroDisney, KD, Matrix, ALF, Mario Tennis, down by the bay, bday BUDS, Snapkins, conspiracies, dumb moments, 3 Amigos, can't float, stupidest man, badminton. God Bless and Good Luck!

## Nur-ul-Ain Arif

It's finally over but isn't this just the beginning? Wow! This went fast, can't believe I'm leaving the country so soon. Well, what can I say? It's been pretty good. Eng. post-its, s.l.b, boredom, HB we'll watch underworld someday, phys, lea. LOL. KB, you, your random guys and films, wrong#. CR stop laughing!, DS, Sof, (786, muslim pal), NM, MC, MLV, CF, KY, it's been fun knowing you all. So, thanks to my family and friends for everything and good luck to the grads of 2004!





## Sofia Baig



786 I'd like to thank Allah, Mom, Dad, Ayesha & Tariq. Thanks for always being there for me especially for these five years. You don't know how much you've helped me to grow. Also thanks to: SA cheeksKd. AP timmysKd. JS guygirlMetrorides. LA mathPoking, not cute. HB stopsignLaughs, TB assimilatorPen2. DS preacher. CB mayonnaiseSpazattax. TH equine. NB, JM, CD, LZ, KK, Also Thanks To All My "m" Friends Who've Helped Me Out So Much! Fez sistas forever Jaanu I love you forever you are a blessing. "The future belongs to those who prepare for it today." -MalcomX.



## Waienhawi Barnes

Hey But really what's wrong with your lawn? yellow hair Carnival 03 rebel without a cause never give in CR Stories GL with J NA CATT eco stuff JLo ISHKAZ for ever KB Jana D&J are mine Spring B 03 honesty time oops I did it again CF MC ML NM CR KB NA JP be happy don't party too hard CLB RY SR NF that's it N I love ya and other you know who later I'm out!

## Catherine Bornasal



IM A HUSTLA BABY, I JUST WANT YOU TO KNOW. backup, my daily dose of laughs LA SA SB HB NB JM AP JS LZ thanks for the memories..medicare pics? 4ft midget or 500lbs face/for life & gottaLOVE mom, dad ate/al&ken. Most IMPOR- TANTLY fabfour glo, Sing your little heart out. Katt, don't change love you the way you are & dee my sister/doodie Love you chubbs forever Grad 2004 you never let me down GOODLUCK "it's so hard to say goodbye to yesterday"-boyzIImen IT'S ABOUT WHERE I'VE BEEN & WHERE I'M ABOUT TO GO



## Sarah Jane Brossard

Class of 2004, Wow we made it! All the memories: Stratford, Ski Trip03, Retreat, Italy and the list goes on....Lunch Table: Ash, Jess, Sara, Stef, KT, Liana, Vlo; Luv u guys. Ash:Fatty!, Our classic laughs together will never be forgotten. Jess:bumble bee, AhH!!!Lost..what!?! Sara:(no H) thanks Li&KT: 165 Townies Folife. Stef:Word!\*Laur\*Mawie\*Thank u all for making these past 5 years amazing & filled with many laughs. LoyolaDances,3Amigos, Partying..It's been a Blast!!! GoodLuck!





## Halina Bruce

CAN I BE YOUR MEMORY? Medicare Card, SkiTrip, Concerts, Italy, OPME (I'LL NEVER FORGET THOSE NIGHTS) Dent, Devil's In My Shirt, Sock Girls, Bball, Hohthathaw, Flemish, FROBOY, Pepper, MILLS DAM, TIMEWARP, Flammable PJs, 66, Shark? TAKE A HIT FOR THE TEAM! Parched/Peevish, HUMPF, Beaver Time. THIS LIFE IS JUST A READ THROUGH. Thanks to Mom/Dad/Kryisia/Patrick/Bunia and all my friends! BEING GROWN UP ISN'T HALF AS MUCH FUN AS GROWING UP, THESE ARE THE BEST DAYS OF OUR LIVES.

## Nicole Brunelle

We take our next steps into the world with just three things Our memories, Our Friends and Ourselves. "There's just too much that time cannot erase." Late night cards, freezing water, ping pong, GO HOME YOU'RE UGLY, Dominican, Softball, Watermelon, LaRonde, Hail Storms, Bball, Concerts, Bowling, Croc Dundee, Pick Me, Tell him we're dating, QC, Hungarian Pic, I'm floating, get up off that thing, Disney movies, time warp, ski trip, 3 Amigos! "Get ready for the ride of your life" I love you all.



## Khandro Burkhar

TASHI DELEK, TU-CHI-CHE to my family. Shout out my ISHIKAZ: Dol a.k.a. Dolkar=jannu (+kunga=love). H.B. a.k.a. Hawi=shsm girl. My man=Amura=[A thing not of the mind but of the heart. A feeling. Only felt.] Hola to: Miss Light (Bollywood Rules, Sali). Horsy(Jason): wake me up! Mish, Nat, Mari, Kwong, Kyesh, thanks for being there. Janna, YES the bathroom is my second home. "I do not got the patience to deal with this issue. I am whatever you say I am and if I wasn't then why would I say I am."-Eminem. FREE TIBET! TIB PRIDE ALL THE WAY! (ASIAN PRIDE)

## Michelle Cadieux

For my collective: Tasha-There is no me without you, NO lipstick. Tda froo- my twin, GG's, Thanks for the laughs. Candi- Alice Coopers photogenic children. Mari-U+Me=US, deal with it. Peckita- Moutons and DJs for life baby! Mimi-uhuh. Justine- Running Buddy. Hawi, Khandro and Nur- you keep me grounded. Thank you. Java U, Mono parties, Ego Trips, Piedmont Cru, Eurotrash, Proud Losers, group of eight. (I Love you all)





## Natasha Cami



Like sands through the hour glass.... We finally made it! SS falling down the escalators. AV did you do the what you wanna do thing? LD you wanna come over? NK LV it's going down. DJR fruit salad. AP did you bring the banana? AG Tannble. cow aroma. "true friends are the ones who walk in when the rest of the world walks out" Thanks Mommy, Papa, and Giordy for making this possible. Grazie Nonni. As we enter another phase of our lives we'll look back at all the memories we've made and think to ourselves, so were the days of our lives....



## Elise Carré

Five years have passed by so quickly. Thank you to all my friends for all the memories. Musical Macbeth, sailing trips, ski trip, glow in the dark pen, fragile, Stratford, J-D, La Ronde, lunch, metro/Champlain buddies. Thank you to the teachers. Thank you to Mommy and merci Papa for your understanding and guidance; I love you. Thank you to my family for the support. Dream, Believe, Achieve. "If you can imagine it you can create it, if you can dream it, you can become it" ~William Arthur Ward~

## Liana Casella



To have a friend you have to be one. Family:thank you for your guidance and encouragement. Table 8: V-Hen-Mc-Vro-Sha-Sta-Bro(remember to always crash the party.) Trlo:it's all you need! Much love to MH-CB-AZ-CR-TP-TR-VP-TC-SC(VL+SH) my support units-friends like you are rare: I love you. KS: truth and tears clear the way for a lasting friendship. JMc:best friends. thanks for the shoulder PORRIDGE. LZ: my heart of the ocean. AG: the ONE, AC: my sunshine. AS:3.45. SC:Detroit SB: 165-T Teachers: your faith kept me determined. Forever be sacred at HEART.



## Tecla Cesta

Class of 2004! Each and every one of you have been a big inspiration in my life, and I do not think I will ever find the right words to show all of you how thankful I am. \*BD, AG, AV, LV, NK, LD, KS, DJR, NC\*, you have made coming to school feel like a walk in the park. Thank you all for your patience and your generous spirits. You all mean the world to me, and you will always have a place in my heart. Mom, Dad, and Adriano, I love you so much. Good luck to all of you, and see you all really soon!





## Stephanie Charron

So it begins, the first day of the rest of our lives! Mom, Dad, Lindz and Kirst, thank you for the support and the laughs. To Ash, Sarah, Hendy, VLo, Lili, KT, Jess, Tash, Conca, Murr, Laura, and Angela: let us remember ski trip 2003, lunch table conversations, parties, and all the laughter and the tears. I tip my hat off to the teachers and raise my glass to my fellow classmates. Cheers, class of 2004, we made it to the end. "Now, I've had the time of my life, and I owe it all to you..."

## Tanya Chawla

ChaChawla times five, Tane, Chawl-e-Prof: thank you for the lessons. Girls, I had the best time of my life. Boat rides-Strat! VL,SC,KS,SH,AG,AS,AZ! Juvies-lol! Van-the guys! MS- West Crew. NR- My teeth! LZ- Teach me Armenian! Cris-StratPlans. Li-Thanks Tif-Gotta get thru this! Jen-AMBuddy! AC-??, think so! SP-rare! PG,GE,CN,AR-my boyz! "Cool" can we say SUNS? Sri, Mon. A-ma! A great big thanks to my Ma, Dad, Reetika, for the support! "Truly great friends are hard to find, difficult to leave, impossible to forget."



## Gloria Choi

We are finally graduating! There are too many memories! KK: you feeling tired again? Are you squished yet? Pit stop! CB: Pink, my lab partner! DS: Yellow. Crunchie/Crunch!/Fab Four forever! Let's dance and sing! Stratford memories! You feel sexy Ckatt?/Nur: thanks for math help/ KY,BCbadminton and v-ball buddies/BC,SB,AS, KB: history nerds!/TH:Erin's twin?Good Luck and farewell grads '04!"Go confidently in the direction of your dreams. Live the life you imagined"-Henry David Thoreau

## Bethea Clarke

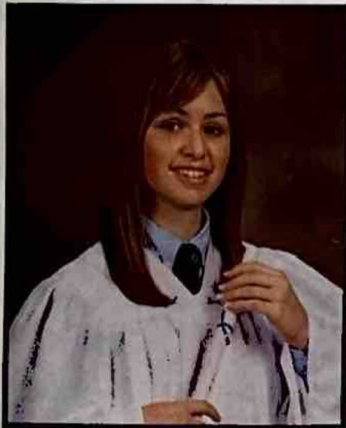
"Oh dance along the silver sand and beat the turtle drum. That youth may last forever, and sorrow never come." My, what a journey these past five years have been. I hope that I am going as gracefully as I imagine. I would like to thank the Academy and all those who have been TRUE to me. One addition to my MLT: He's gotta be shorter than me, too! "Tact is the art of making a point without making an enemy." I only pray that I have succeeded.





## Amanda Conca

Grads 2004 we made memories to last a lifetime...Ski Trip, Stratford, Europe, Prefects!NR-Anything in my teeth?VLo-my wise old sageCR-X-treme coincidence?TP-mathematicians Lili-sensations, you make me wanna shout!SC-puzzleTC-question!LZ-crazymovesVP-4fingersSH,JM,AZ,SC,KS luv youCD,TG-CONCANUTS!MOM-my determination, DAD-my strength, Tania-my inspiration!Teachers-MISSION ACCOMPLISHED!Success is a state of Mind. Reach for the stars!You can be anything you want to be! Smile, be Proud! We did it!



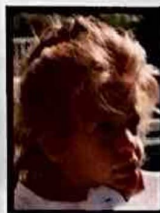
## Stephanie Coull

You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose. You're on your own, and you know what you know. Oh the places you'll go. Dr. Seuss. Prefects04-my foundationTC-SSUNS,Stratford, you and me against the music!JFG-Ilove you!BF4life!JDA-smile someone loves you!AC-baboo!LC-StefbyStef TP,VP,TR,CR,KS,JM,CF,MS-unforgettableEUROPE A huge hug to Mum, Dad, Maddy, Matt and Allie Grads04 I wish you many adventures!Today is your day!Your mountain is waiting. So get on your way.



## Bianca Daniell

"Hold a true friend with both your hands."/AG-no inside joke could last as long as we have/ TC-always there to listen, sec 2 and going strong/ LV-my twin forever!/ NK-spunk, my partner in crime/ Lahara's hot! (Dory)/ MA- singing and creating songs/ DR- boonie girls/ CR- all in one "saloon"/ KS- rufus, sec 2 and summer memories/ CD- sorry I didn't get to know you sooner/ TO EVERYONE ELSE- I wish you the very best in your future!/THANK YOU to my family for always being there and for helping me!



## Lara Derkevorkian

Five years came and went, I'll never forget all the memories: Amanda: randa! tash: weekend get-togethers! Nairy: queen of spunk train days and after school projects! Swiss army Tek: all those talks @ Timmy's! Bihanca: what mascara do you use!? Laura: I have a headache! Al: half brain! eh! lunch talks. Stratford: Right THURRR!!! We're the haranda's!! Alec, Greg I love you both and thank you for everything! To everyone I wish you luck and happiness in the future!! see ya i'm out!!





## Carolyn Derynck

Cherish the good times. To the friends who kept me standing- JM,EC,PD,BD,LOK,SS, AF- thanks for the memories. For all their support and strength, I thank my Mom and Dad, I wouldn't have made it without you. Never forget-Stratford(SPAWN), Jean, M.F, guy, spitballs, spam, l.c, x-tra.b.s.l, "j.s.c", D.C.A. Special thanks to RHS crew for all the good times. To my one true life line and best friend forever, Jenn G, graduating without you won't be the same! Grads of 2004-love you all! "As our lives change, we remember, all the times we had together."

## Justine Farah

Once eurotrash, always eurotrash. Tu es la Reine des Pentes (yeah, like anyone could keep up with you), you are a hug (even if you hate them), you are retro (yeah, without Urban)... and you are the only "mature" one in the Cru (mature=cru?perhaps not). We love you, Tintin.

- Nat and Candice



## Myriam Fournier-Tombs

JF- BFF!6, Skiing veggin the party Jubjub Tintin CMF- Poulette! "I love you more than you know" Totally Euotrash. T.Blank.HL-BFF! Chicken Teryaki Gables Court Road Trip Pilgrimage Jude Law... "Don't say it!" Orca Prune. MA- Te quiero lutin duets plays feast psychologist MLV- Nerd Attack! Phys Chem Buddy Coldplay Psychologist. It's such a Euro thing! MC-Uhuh I love your eyes, giiiiiiirl. Francaise comme moi. Mams Dada JL Nata Iona Loulou Bisouuuuux Aux Profs: Thanks for enduring me. Eurotrash Collective/ Piedmont/ Remember whens: I love you! Everybody! I'll miss you guys.

## Candice Maddy Fridman

we are the last of the golden girls- the one and only eurotrash collective/ ana- eh, la mistinguette ne cueille pas les champignons- making altar boys' lives a little more dangerous/ cuiao- te aad q para siempre- the smurfs will keep our secrets (rothadita)/ mishca- you will always be blacker than me/ mimi- ma poule paranoide (pseudofrancos)/ tda-trashbag couture/ mirra-we are such a euro thing/ tintin- reine des pentes/ danke for all the remember-whens- piedmont cru (production line) stratford oath (four in a bed) oztralia (katie, mate, love your guts) biarritz (not on the sand) and then.../ carrz ma sailing jumelle/ enika- nice lollipop lips/ vivamus atque amemus, creo certe ne cras.

40 Memories from the Heart





## Alicia Giammaria

BD-guy(s) of the month, purple fur coat?/DR-glue gun and tongs, how were we cool?Way to clog it! I'll pay you back(story of my life)/LV-got shoes? mood swings/ KS-weekend parties, the strokes/LC- you're still the one/TC- graphs,the run!/SH-gas break honk!chez nick's, my savior/VL-thanks /SC- the chair,S.O.S/MD-long lost sister/TANNBL/mt band- I want you to stay #1 hit/NK,LD,NC,LV,DR,TC,AV-lunchtime noodles/mom and dad-love you/Jay-thanks for being there.



## Pamela Hamilton

I have learnt much, both in the classroom and out. I have met many people who I will never forget. Chris: Thanks for being there and for being such a great friend with such a weird imagination. I can't wait to see you graduate! Emily: WordlyWise and livestock! Fiona: Farewell, dear sister-in-law 9th house:LUV YA, fantasy forever, 5'5" To my trainmates:we had great chats, great times and great fun! Live long and prosper! I SHALL MISS YOU ALL! GOOD LUCK! STAY IN TOUCH! The road of life is paved in liquid paper.

## Teedah Hammer

To all: MS please don't put your life in the hands of a rock and roll band. Suf you're my little choté beta. Ski trip 03 haha. JF-Mimi-MMFS-MLV-NM-CF-Mitch: you guys made my life. I love you all. Don't stop laughing.To the Eurotrash Collective and Piedmont Cru: Thanks for all the good times. Cheers, to us, all our memories and here's to many more crazy garbage-bag-wearing-bush-women-adventures to come! GG's forever, pilgrimage=\$40, porkfriedrice. Both hands- Ani.



## Sara Henderson

To my 2nd half; another 12yrs+more to fill with goodtimes. To Lili; a night on the town followed by pizza pockets. To Mudball; weird+akward(no...) moments awaiting. To Tasha thanks. To Jess; a weekly manicure. To TableA#(??)-Laura Ash Stef Sars Kt; many more interesting convos and hilarious times together. To Jamieson; a Disney Marathon. To Yogi; STELLA! To Alicia; a ChezNick date. To Ma/Dad/Sis; a simple thank you. "You're switched on! You're smashing! You're shagadelic, ba-by!"





## Emily Howard

"The best and most beautiful things in this world cannot be seen or heard but must be felt with the heart." Everyone and everything that has made me successful, comes from my heart. Therefore, thank you Mom, Daddy, and Dave for being there through these last 6 years! Thankfully 9th House brought much entertainment and mischief my way... Pam, you made me almost as crazy as you. Eden, you're the best attitude-checker! OLIVER: I love you more than anything, you are my everything (xoxo). P.S. Wordly Wise Rules. P.P.S. Proud to be Irish.

## Nairy Kazandjian

A memory lasts forever, never does it die, true friends stay together, never say goodbye! It's already Grad! I'll never forget: Mami: lemonade?! Lara: all those train days and after school "projects" Swiss Army, Alex: don't forget the banana! Tek: Elefant Shoes! Bi: my supernatural partner in crime! Laura: get your own book! Oreo's Tash: SPUNK?! Dana, ur civic and my suzuki. TANNBL! Sec IV back corner! Stratford RIGHT THURRR!! The lunch talks and Cow Aroma! Noodle Party! Haddo, have a nice day, bye!



## Katherine Kwong

"True friendship is when friends can walk in opposite directions, yet remain side by side." Fab4, the tears, the smiles and the stress, thanks for being such sweet FOBS. Catt, my stressful half, Prom '03 to birds. Dee, my bond, follow your dreams. Veg, keep on smiling. Jess, ductape. Richo, chocolate bars. Seung, time heals. CS, CT, RC and TN summer memories. LZ, CY and SR, white shirt, and McFlurry. Ma, Dad, Eloi and Kris, thanks for the support and encouragement, I love you.

## Marina La Verghetta

Thank you for these 3 years: Bimba- u changed me forever, the aliens will be watching, frisco Nat- your presence has made it worthwhile Mitch- thank you my proud loser Candice- yoga and hiphop, being Italian with me, the tension has brought us closer Mimi and Tda- study buddies, personal shrinks and nerd alerts, cottage 03 J,K,N,H,C,L thank you for never letting me go Mamma, Papi, Pipus Grazie. coldplay, ani, hitmania.. Eurotrash, piedmont and more to come and yes we are such a European thing.

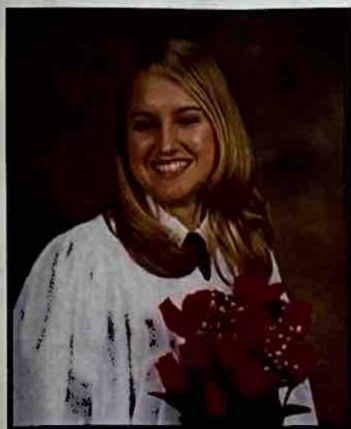




## Vanessa Lombardi



Class 04 dreams are hard to follow don't let anyone tear them away. God bless my family who shared their eternal wisdom and support. Cristina it's a long road we'll face the world together Liana you are deserving of the highest achievement we have shared moments of gold Sara you warm up any room you walk into you are beautiful Laura you are someone I look up to and admire The TreeO it's us against the music Jess we have shared a very unique friendship, love you Amanda you have provided special times which are rare Lunch Table SC AS SB KS JM SH LC AG stop hitting on me MC VP TC TP NR CR AZ you da bomb Prefects you guided me all the way.



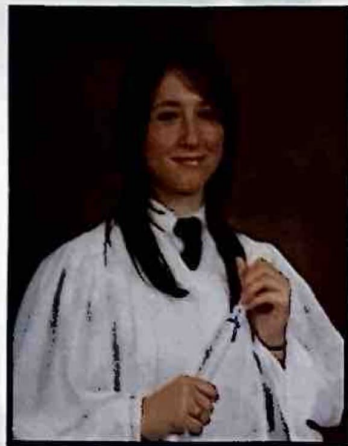
## Jennifer Marton

Five years have come and gone so quickly. To the friends who have been by my side throughout, thank you. I'll always remember: Bparties/Ski Trip/Stratford?Dom Rep/Bono/glue/JD/softball/SpyGirls/kiss/cheese/SockGirls/raa/GrammarSong/spam/Jean/3amigos/musical/SpanishLine. Finally, thank you Mommy, Daddy, Greg for putting up with me and always being there for me. I love you. To the Grads: "Taste life: sometimes it's sweet, sometimes it's salty, but it's always delicious!"

## Jessica McBain



To the graduates of 2004: we did it! Thank you Mom, Dad, Dusty. Ash- Rumor has it you're white, Jarsity Blues, Tiger the Tony, CHUNKY Mawee- Woke up it was 7, waited 'till 11, We'll always miss you! Sara, McDonalds, Manicures every day of the week Porridge- Francesco! Tell poppa to shut the door. Sarah- Italy and foret enchantee Stef- Smells fishy in Medley, Wilvy, Lollipops. Vanessa- Fashionista, music! Art Class rebels, lasalle Parties, mont Ste Anne, "We Gon Party Like Is Yo Birfdy" Shane- Luv you always.



## Natalie Melikoff

My Shell- I have never known life without you. I hope I never have to. Mari- I came here with a load and it's been so much lighter now I met you. Kansas- Odi et Amo, regardless without you I'd be lost. Martika- Things change but they stay the same, I'll let your vibes be my guide, I am your spaniel. EUROTRASH- "Alone we stand together we fall apart" KBWB NA CR you kept me sane (or at least somewhat) AP you helped me get through the day more times than you'll ever know. AL you showed me what love could be and taught me how to lose. Mom Dad Max I love you.





## Alexandra Pakis

"The world is a rollercoaster and I am not strapped in maybe I should hold with care but my hands are busy in the air"-Brandon Boyd. I made it through the ride! five years- so long/ too short! LA TH NB : EPB GIRLS! LD: my half brain/EHH! NC: forgot da banana! NK: thanks AV: NOT THAT ONE! LV:Matttalks! CR:therapy! Stratford:right THURR?AG&DR: five more min? SHSM=TALKS! Christie:my girl!too much fun! Mike: you are like family! Matt: broken promises, thanks for it all! Mom&Dad: thanks for putting up with me, love you! My best parts: Juj&Steph: I love you!without you I'd be lost! Had an AWESOME time!

## Adriana Pansera

To my friends 'Never know what a good time was til I had a good time with you, if you wanna get the feeling and you wanna get it right, then the music's gotta be loud, for when the music hits I feel no pain at all' Medicare card, You lie,HABS, He wants to burn me,Sufie Terror, Antisocial, Javeyness, KeyLime Pie, Bathroom schedule/ RichMakeup, panting, BdayBud,RockyHorror-singing transvestite, Con, Dent, Concerts, 'It's our time to shine through the down, glorified by what is ours' I'll see you on the other side

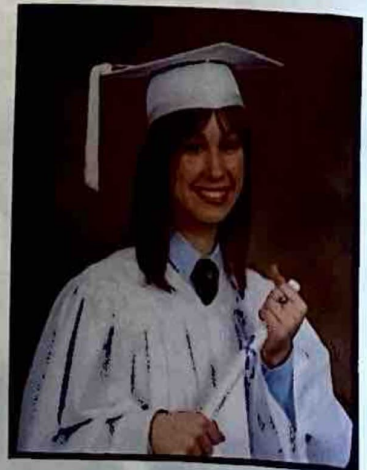


## Vanessa Portuga

Through the smiles, and the tears, you guys were always there. I'll never forget the amazing times. CR\$\$\$ we'll make it big! NR don't mess with my man, hole in the wall! TP guy talks, \*50 percent\*. \*POODLE\*, it's a classic TC, too many guys. AC, Amagnet \*Europe 2004\*. You guys are amazing! AP, advice. TC, VL,LC,SC,AZ good times! Mom, Dad, Mel, Gen, Seb, thanks for all the undying love and support. Stef, thanks for always being there for me, love you. To the grads: the best of luck. xox

## Tiffany Porraccio

We do not remember days; we remember moments. To my girls the Fab 5- True friends; NR sister for life, talks, rose petals/ VP4fingers, azis/ CR boo boo/ AC mathematicians/ \*LZ AZ TC SC SC VL LC\* \*Prefects\* \*Europe 2004\* To all my teachers thank you for helping me through. Mom, Dad, Papa love you all, thanks for being my strength/ To everyone who has made me smile... thank you!\*Memory is a way of holding on to the things you love, the things you are, the things you never want to lose.- To the grads, we did it. -XoXo





## Dana-Jay Reda



AG-I'm out to get you, how did we think we were cool/NC-fruit salad/LV-highschool romances/AV-put my hair in a perm worm?AF-sugah baby/BD-boonies/ /lunch talks-right thurr-word-the rack is back-[insert new joke here]-\*\*these years were tough I lost a lot but gained even more, don't dwell on the past but think of all the good times\*\*luv from above Ricky Jones, thanks dad you're the best, love you mom wish you were here[being grown up isn't half as fun as growing up]



## Christina Rizzo

"Lean on me, when you're not strong I'll be your friend, I'll help you carry on"- Memories-Stratford-NR:mams, VP:\$1day NHL wives, TP:booboo, AC:Xtreme\*food, TC:tanee, LZ:stories(lol) AZ&AS:boogs(arr) freestyle. DR:French, JM(beat), CF,TC,LD-Math, BD:salon, LC:lala-lianu, AP:therapy, AV:mists, SB,SC,5B,KS:seal, TC:guh, SC, VL, SH-Villa Babes:TG-KP-CD-MF\*1 day my dreams will come true #38\*To Mom, Dad, Steph, Nonne & Nonno: grazie-love you\* EUROPE 2004\* Teachers: U will never be forgotten\* Class 03-04 forever\*

## Natasha Rizzo



A special shout out to the girls: I love you!TP,CR,VP,AC,LZ,AZ,TC,VL,LC,SC- sister for life-rose petals/four digits-hole in wall/Stratford?"I'm feeling kind of down, TH?" /EUROPE 2004/ Amagnet-summer03-always remember:"Girls just wanna have fun!"<-Memories never fade.\*tony-I love you-you're what makes me smile\*Thank you mom, dad and Frankie for your love and support. I love you. You helped me through it all. "I'll remember the strength that you gave me, now that I'm standing on my own"-Madonna



## Caroline Roy

Good times! thanks Mom, Dad, Phil, Tigz for always being there for me and dealing with my "issues". Jason I love you and always will! Catie best friends forever! Adrienne, fish are friends not food! nuts anyone? Hawi, boyfriends are good, pathways all the ways, and swim around the block? Nur, notes, Don't forget horsey and blondy and I am a genius! Khandro computers class, every week a new flavor. Stratford was the bomb! Thanks Nat, Candice, Mish, Marina, Martha for always being happy! And grads "don't cry because its over, smile because it happened!"



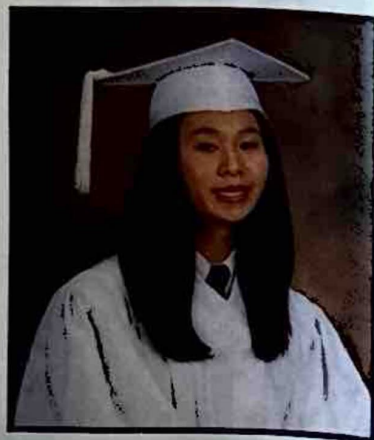


## Deidra Santos

So many fond memories- IB/IIB/IIIA/IVA/VC. Breast Cancer walks, retreats, Loyola dances, birthday parties, walk-a-thons, Judy Garland obsession, medicare card, preaching time. Stratford! Lunch table&guest - love you guys! We're so civilized. 5years on the bball team - SIXTEEN (C.016)for life! Volleyball rocks my world! FAB4/ the only asian crew, 2 many fun times! Mommy, Drew, uncle & aunty - thanks for the love and support! The tears, the laughs, the good & the bad, we've been through it all. So until next time - we'll meet again "somewhere over the rainbow"

## Jessica Sew

Grads it's good to have dreams! To all my dudes and family for putting up with me&for being there for me- you never once let me down. THANKS FOR ALL THE SMILES AND MEMORIES:Late night phone calls-pick up! everyone floats, Fast food buddy, waving, skipping, Bathroom, My half, it rhymes so it must be true That was scary - do it again!Morning buddy, meatloaf, badminton, 4FL, baking, toast, Medicare card, ALIEN, HABS, Time Warp, vocal- TO? ITALY!! my dyslexia "Victory shall be mine!"

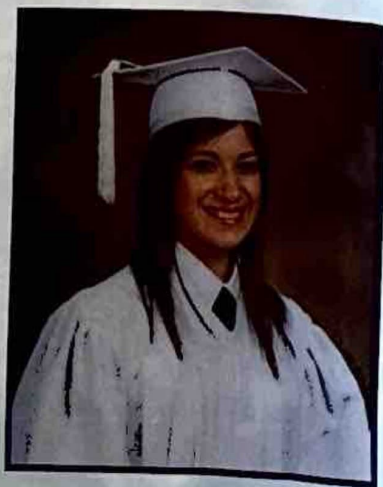


## Margaret Snell

Thank you Dad Mom Gord Trish Em Mike Cynth Cath and family. Thank you to mo and West train people, AZ good and bad they were all worth the time, TDA Maine Oasis parfaits Far Out, CF I told the devil to save you a spot, TC and SC official west junior dance workers, Mimi my french coffee mate, Mr. H and Ms. M most memorable enjoyable classes. Thank You Loyola everything, the chilliest school, Remember ice caps, whip cream anyone?Late nights, far too much HW made me: a better person. Good Luck, JC is watching.

## Ashley Stacey

WEare School Girls no more! From loyola dances to hitting Medley. To my girls we did it. Ski Trip, Owe're REBELS! Jess-We've come a long way CHUNKY PANTS forever, my Bou, Mawry Miss you BFF/NY trip! Sarah-endless laughter FlipFlop Attack ICry, Stef-Blond biddy You're my sis! Always there for me, Liana-3:34 still starin, Sara-I owe you a lot! Literally, kt-air freshner March Break 2003, Vaness-i'm gross! Andrea THANKYOU, original booga-laura z, Rapsw.rizzo-thank you Mom, dad, Nonna, Aunt Matilda-I miss you+family-I love you!BUBs-Biggest part of my life I love you, GRADSGood Luck! "Keep it real"Go Shawtys'





## Katherine Stavro

"The end has no end"-The Strokes. These past five years have been an unforgettable ride. Mom, Dad, Matthew, I love you. Jon you read me like a book. Lunch table-Stratford-CR SEAL-Leash weekend parties. vaporub. You'll never get rid of me, Liana. swissrolls, coffee talks. I promise I'll be the first to buy a ticket to your Broadway premiere. Ash-TURTLES lil'man-SC ski trip and down she goes-SB townies-SH living-V-Lo, McDirt, AC, TP, TC, AZ, SC, BD-prefects we bonded!! I wouldn't change a thing.



## Anna Suppan

Look it's Ahhhhhhhhhnah from Austriahhh, ja? Anna, you came to us from a co-ed Sacred Heart in Austria (brave soul), with an accent that would make Ahhhhhhhnold proud, and although you only joined us in our last year, you've become an integral part of our grade. Wir hatten eine Menge Spaß, und wir vermissen Sie. - Candice Anna, making good use of your vocal chords is not a crime, so don't ever think we love you any less for it. You brighten up every room you walk into, and you have made this an amazing year. I love you -Nat



## Laura Vannelli

We finally reached the light at the end of the tunnel and completed 5 long but memorable years. Dana-teeth/talks/romances. Tec-shorty/Alicia/shoes/crazyeyes/bathroom clogs/Bi-twin/chipsndip/86.5%/Manda-father/mother/Tash-first move/aerobics/AP-Matt talks/Lara-Nemo & Dory/Nairy-pass the book/TANNBL/Ama-joined at the hip/my other half. To my family especially mom, dad, Jason, thanks for all the support; I love you guys. Without the tears, without the laughs, without the smiles, we would not have had an amazing 5 years!



## Amanda Vecchio

Hmm, lets see, this is it! TC: MatchBotz NC: Juicy (k) LD: Harandasize it! NK: MAMI, cow aroma LZ: GIZEL! CR: Mists LV: faja/mother AS: brother from another mother! AG: For English press 2TH: mmntda DJR: condos AZ: handrea AP: which head?BD: bianca-ma MG: tinytina. Stratford amazing it all happened Rightt Thurr. Thanks to all my friends for always being there for me. Mom, Dad, Angela, Tanya love you guys. Nonna Nonno ti amero per sempre! Aunty Cathy I'll always be your baby face! As we move on, we are on to new and better things, through good times and bad I'll never forget what has happened to me in the past five years.





## Keyinsha Yokenderan

I would like to thank my family and friends for being there for me and supporting me through the years. Never forget v-ball, vocal and badminton, alias, smallville, LOTR (B.C., C.C.) "partners for life" (L.Z.). We survived math! "And my parents told me about good will, And I have done well by their name, Just the kindness of other strangers is more than I could explain" -Ani Difranco

## Andrea Zakem

A big thanks to all my friends who have helped me through each day. LZ: my mentor...enough said. ASH: Magic Stick-ANGELA-thanks for always being there-you're the BEST! To the rest: AC,SC,VL,TP,KS,CR,JM,SH,MS,NR,SB,LC,TC thanks for the laughter, tears, friendship and memories. -Roc The Mic, Sweet 16 & the Limos, Stratford, Retreat, math class, late night talks- Thanks to my family and teachers for their support. NEEFF: THANK YOU from the bottom of my heart. I couldn't have made it without you. I'll miss you all!



## Laura Zakem

\*A friend is supportive and not judgmental \*Thank you to my parents who have given me the confidence to pursue my dreams and to my brothers who have been my strength during the most difficult years growing up. AZ you are one in a million and thanks for always being there for me LCVL, the trio great minds think alike. VP, one and only poodle CR aka LOSER intense conversations AC my partner in crime TPNR always putting a smile on my face TC I'm always available to teach you Armenian. AS we will always and forever be the originators of BOOGER. Thanks for the incredible laughs.

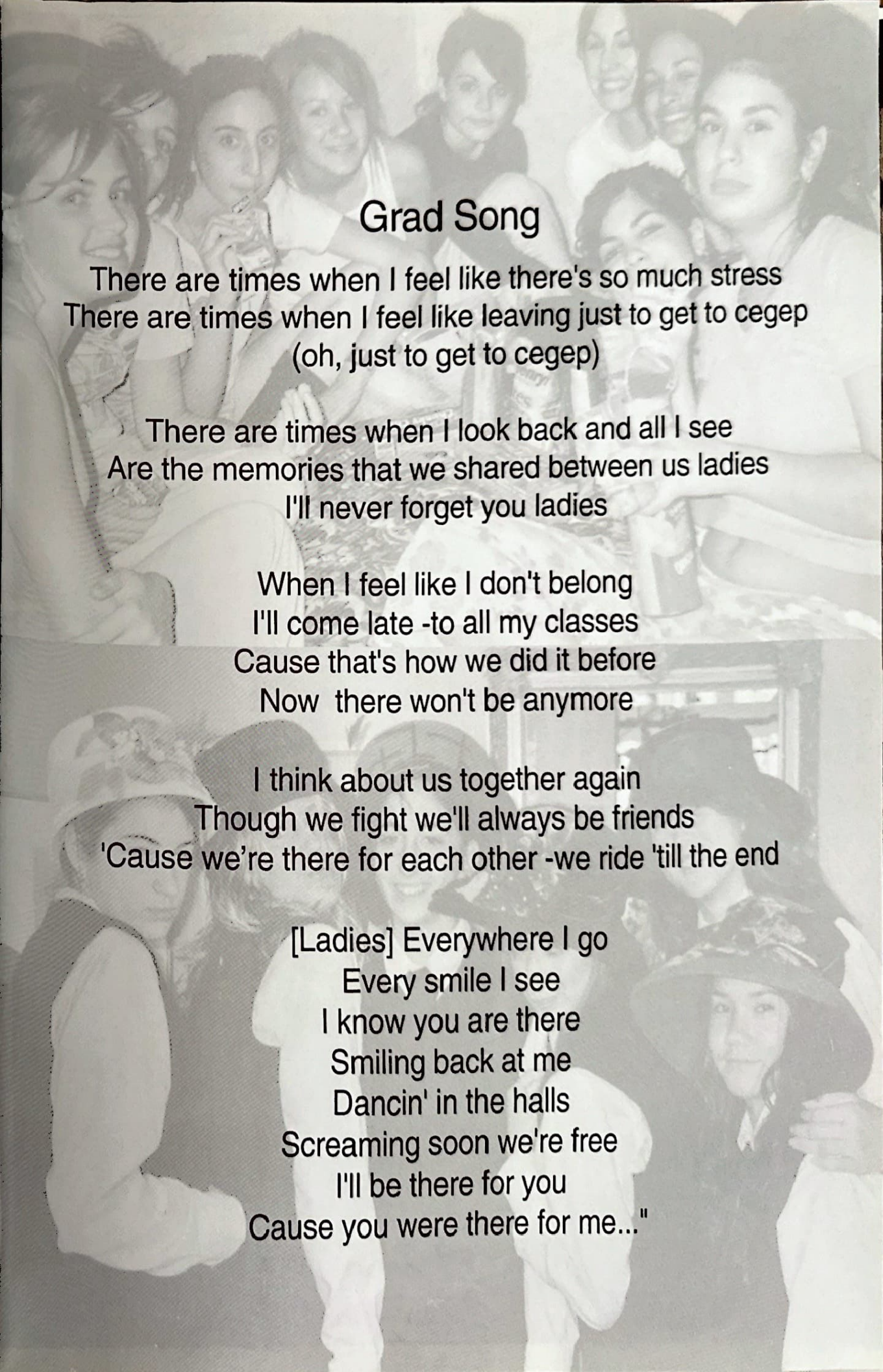


## Lisa Zimanyi

Five whole amazing years-WE FINALLY MADE IT! Ski trip, squash courts, big burrito, glue, falling down the hill, 3amigos, freezing water, Hohthathathaw \*some-day we'll understand each other\*, DQ, bowling, GO HOME YOU'RE UGLY, Time Warp, rockets, can-can, long discussions w/Mr. B, chair toss, the ruler, elrpalescib, floating, Italy, late night labs, Flemish, SOS! A huge thanks to Mom, Dad, Eric, and Kev... grads, best of luck for the future and never stop laughing. "Lord! we know what we are, but know not what we may be."-Shakespeare







## Grad Song

There are times when I feel like there's so much stress  
There are times when I feel like leaving just to get to cegep  
(oh, just to get to cegep)

There are times when I look back and all I see  
Are the memories that we shared between us ladies  
I'll never forget you ladies

When I feel like I don't belong  
I'll come late -to all my classes  
Cause that's how we did it before  
Now there won't be anymore

I think about us together again  
Though we fight we'll always be friends  
'Cause we're there for each other -we ride 'till the end

[Ladies] Everywhere I go  
Every smile I see  
I know you are there  
Smiling back at me  
Dancin' in the halls  
Screaming soon we're free  
I'll be there for you  
Cause you were there for me..."











# MISSION: IMPOSSIBLE

# GRAD 28/05/04

On top of classes, extra-curriculars, exams, and a very demanding social schedule, graduates are faced with an additional challenge: GRAD.

## Bronzage Awards

2nd Prize: Ashley Stacey



3rd Prize: Candice Fridman



Grad is all about the right skin tone. Some have it, others fake it. From Spray Tan to Turbo Bed to Self-Tan, grad was no time to be the fairest of them all.



1st Prize: Natasha Rizzo



## TRANSPORTATION

a chain of limos is great, but a chain of Mini Coopers- PRICELESS



How to find the perfect dress: Custom-made, vintage, or store-bought, the trick to the perfect look was all in the accessories- from the shoes to the bag to the makeup, everything should match.



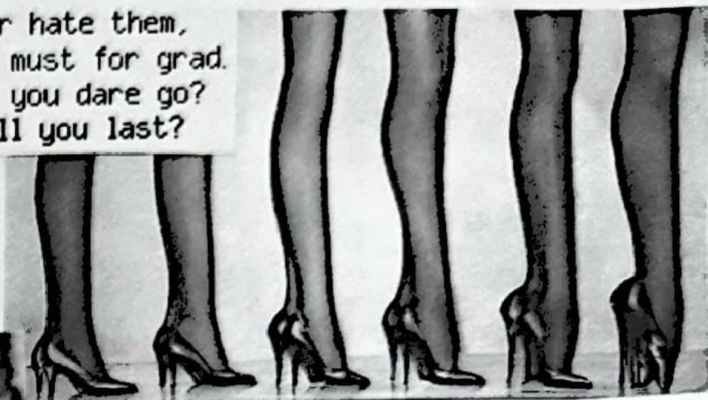
Thank God for double-sided sticky tape!





The makeup should be as original as the dress. After five years of not being allowed to wear any, this is the night to wear as much as you like.

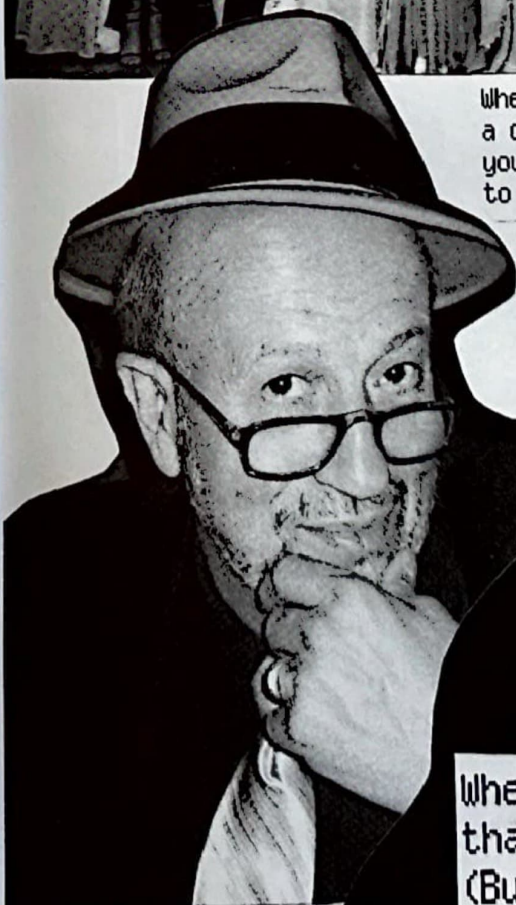
Love them or hate them, heels are a must for grad. How high do you dare go? How long will you last?



Remember to keep a camera handy— your friends won't look this beautiful, or this silly, for a long time to come.



When the afterparty's in a crowded loft, make sure you grab the spot closest to the fire exit.



When the dads look happier than the dates, you start to wonder. (But everyone looks good in a yellow fedora!)

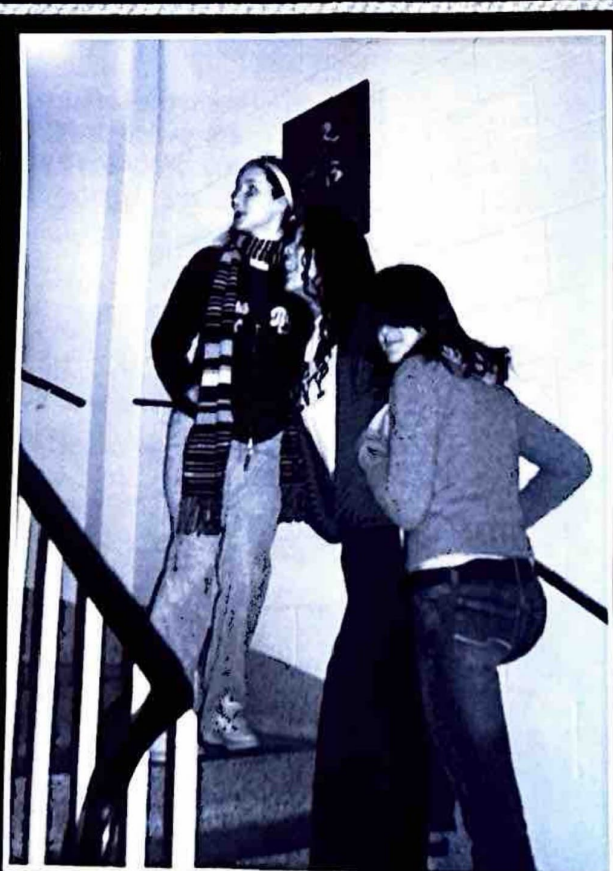




# SECONDARY FIVE RETREATS



Remember when... Katie and Ms. Mastro played a joke and made the whole class believe that we were going to be sent home because Katie was "caught smoking"? The Secondary Five retreat was definitely a time to remember. From Blues notes to the mass, the retreat saw the Sec. Vs come together as a grade.







# Stratford

At the beginning of the year the Sec. Vs went on their annual trip to Stratford. We went to see *Antony and Cleopatra*,



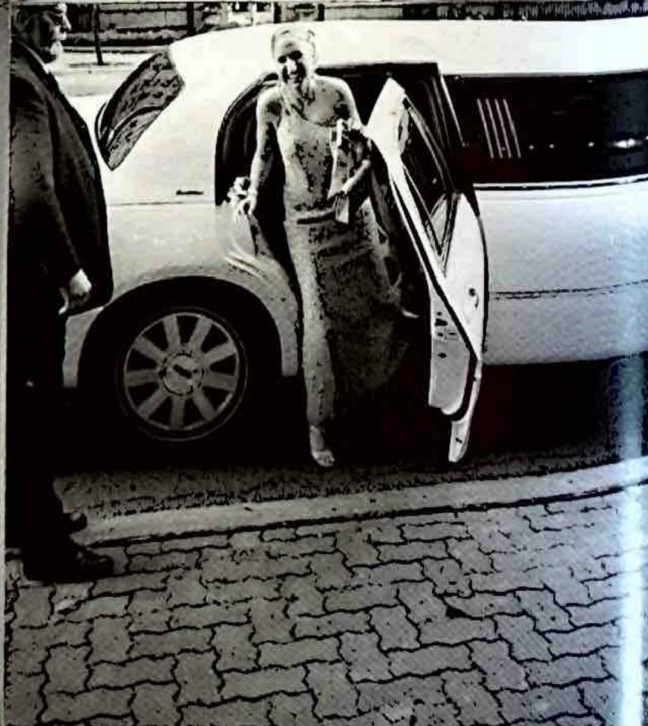
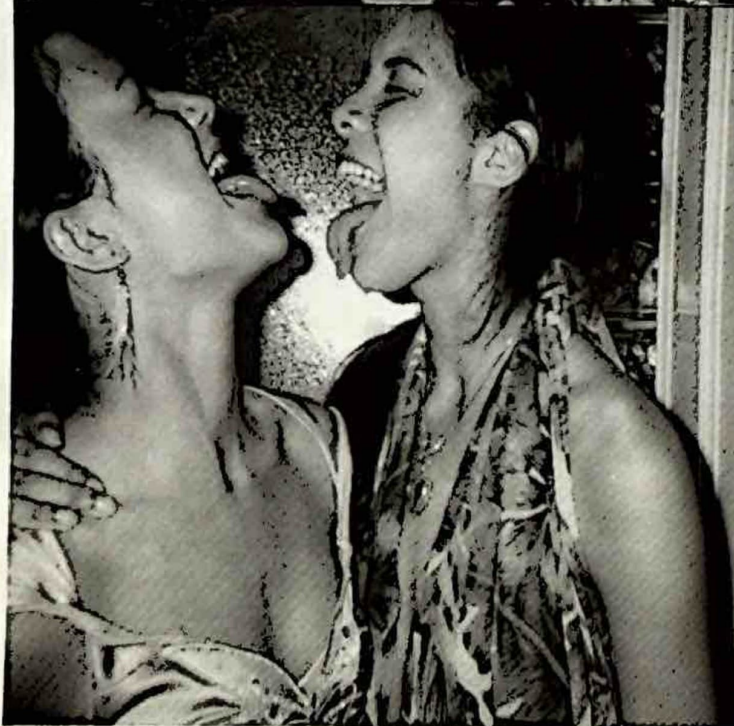
*Present Laughter* and *GiGi*. While spending the day exploring the quaint town of Stratford, the grade shared laughs and bonded.







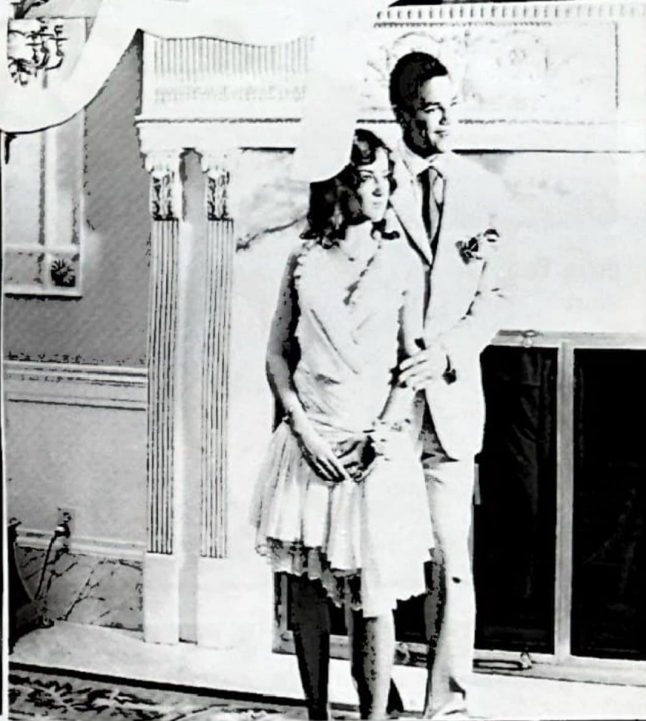
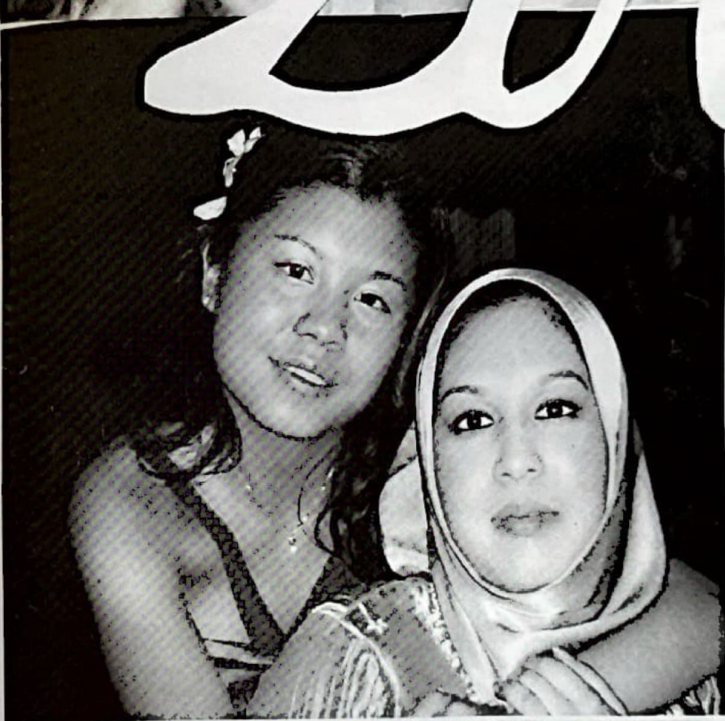
WUM







2014





# The

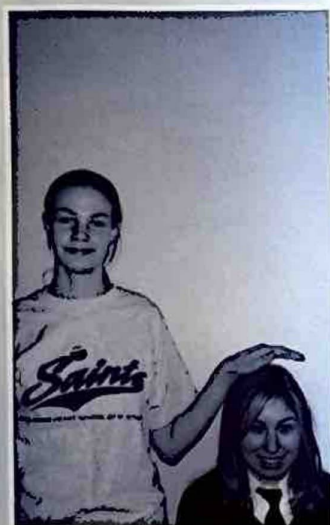
# Best of 2004



Sofia Baig (honorary best hair)

Elise Carre, The Teacher's Pet.  
(no picture available)

Tallest and Shortest: At 6'1", Emily Howard towers over Laura Vanelli, standing proud at nearly 5'.



Tiffany Poraccio  
The Smile



Michelle Cadieux  
The Eyes



Amanda Vecchio  
The Smell



Myriam F-Tombs  
The Skirt





Nicole Brunelle  
The Athlete



Vanessa Pertugia  
The Attitude



Natasha Rizzo  
The Cheeks



Alicia Giammaria  
The Poser



Liana Casella  
The Humour



Ashley Stacey  
The Laugh



Jessica Mc Bain,  
The Excuse-Giver



Candice Fridman  
The Fashionista



Dana Reda  
The Sneeze



Teedah Hammer  
The Hair



Christina Rizzo  
The LoudOne



Khandro Burkhar  
The Sleeper





## SPECIAL PRIZES AND AWARDS MERITED BY MEMBERS OF THE CLASS OF 2004

### Honour Roll Prizes

*Sarah Al-Roubaie\**  
*Halina Maria Bruce\**  
*Nicole Brunelle*  
*Elise Carré\**

\* Five years on Honour Roll

*Stephanie Coull\**  
*Myriam Fournier-Tombs*  
*Candice Maddy Fridman\**  
*Jennifer Marton\**  
*Adriana Panseira\**

*Vanessa Portuga*  
*Jessica Sew*  
*Andrea Zakem*  
*Lisa Zimanyi\**

**The Sacred Heart Music Award**

**The Sacred Heart School of Montreal Art Prize**

**Headmistress' Memory Book Award**

**Bruce M. Hicks Public Service Award**

**The Debating Prize**

**Sacred Heart B.L.C. Award for English**

**Student Council Prize**

**Parents' Guild Prize for Social Studies**

**Sister Gertrude McNamara Memorial Prize  
for Mathematics**

**Soeur Annette Archambault Memorial Prize  
for French Second Language**

**City House Foundation Bilingual  
Proficiency Prize**

**Auriol Wilkins Roper Memorial Prize  
for Inter-school Sports**

**Heather MacDougall Memorial Prize  
for Fine Arts**

**Judith Rossi Memorial Prize for Drama**

**McGill Science Award for exceptional  
promise in Science and Mathematics**

**Estelle Fitzgibbon Memorial Prize for  
highest composite average in Science**

**Patty Forbes Memorial Prize for  
Health Sciences**

**The Lieutenant Governor's Award for academic  
diligence and personal, social and community involvement**

**Provincial Council Award for demonstrating compassion  
and exceptional dedication through social action**

**Frances Smith Memorial Prize for significant  
contribution to the life of the school**

**Governor General's Medal and Parents' Guild Award  
for the student with the highest general average**

*Keyinsha Yokenderan*

*Candice Maddy Fridman*

*Candice Maddy Fridman, Co-editor*  
*Natalie Melikoff, Co-editor*

*Christina Rizzo*

*Candice Maddy Fridman*

*Stephanie Coull*  
*Candice Maddy Fridman*

*Liana Casella*

*Bethea Grace Clarke*

*Lisa Zimanyi*

*Elise Carré*

*Myriam Fournier-Tombs*

*Nicole Brunelle*

*Candice Maddy Fridman*

*Alexandra Pakis*

*Jennifer Marton*

*Sarah Al-Roubaie*

*Amanda Conca*

*Bethea Grace Clarke*

*Tiffany Porraccio*

*Liana Casella*

*Lisa Zimanyi*





Five years ago, we walked through the Dr. Penfield door, not five feet tall, and we had no idea what this place was about. The words detente and FIGA sounded like enemy code words and Alice the Camel was some cultish ritual you'd have to be crazy to take part in. Five years later, there are still many things we don't understand, but together we have grown to love this school and call it our home. Unlike that first fateful day, we are no longer scared to be here, but rather, we are scared to leave and step out into the real world.

When I look back on my high school years, what stands out most are the good times. Naturally, we can't forget the stress, the late nights, and the tears, but we will always remember the smiles, the feelings of accomplishment, and the laughs. And there were lots of laughs. We laughed at Katie every time she fell down, we laughed at Jenn tasting lab chemicals, we laughed at Christina's Dr. Evil impersonations, we laughed at Liana's... we laughed at Liana. Over the years I've had the opportunity to know each and every one of you, and the friendships we have forged here will stay with us wherever we go. If we have learned anything at Sacred Heart- besides the trivial things, like math and history- it is how to look past someone's faults and accept them for who they really are. That is a lesson we'll be able to take with us wherever we end up in life.

You're sitting wondering... I'm finishing high school... there's a whole wide world at my door- I start? Some of you resist the urge to go to the top of your lungs and race out the back door. What next? Do I just throw away my diploma, tear my kilt to shreds, and pretend that I assisted? It is impossible to erase the years of your life when you grew up the most, and the challenges in any obstacle. graduated from and took that big level- high young, immature- couldn't notice it cause it happened at some point more mature, we've settled ably within these to look forward cover some new we never knew isn't a negative means we're something new fun and exciting

Today, as we don our caps and gowns, we may not know it, but whatever challenges life decides to throw down in our paths, we have a huge advantage. It may be difficult day of CEGEP walks in the door one who stands ward. When the longer spit-pol-will be... disgusted and whether or not week, your best longer be there cry on. But those too far, even if country. A true to be right next the way, because and understand no matter what because you



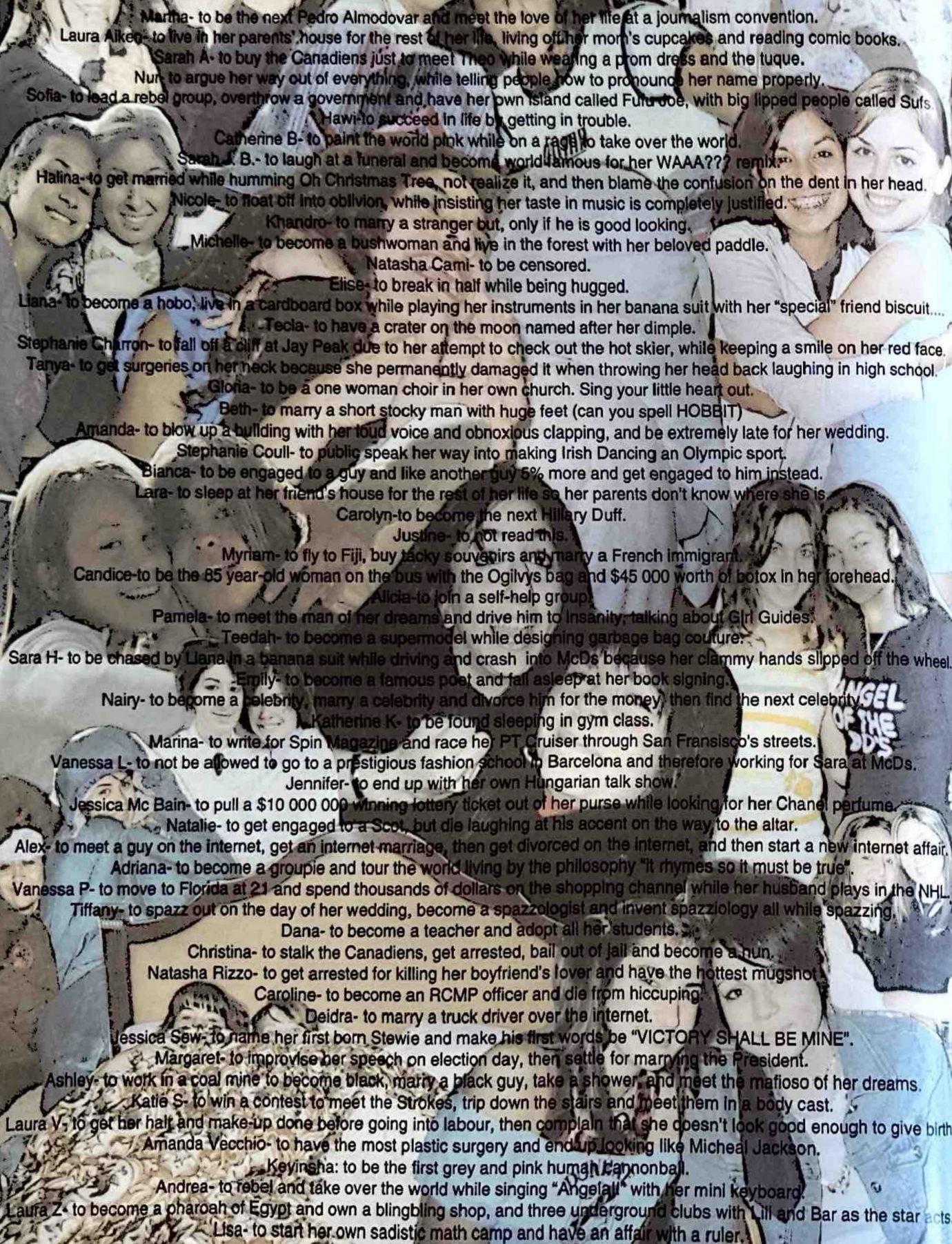
We have shared frustration, relief, secrets, disappointment, exhilaration, silliness, and the joys of friendship. Each and every one of you, in your own unique way, is unforgettable, and the bonds we have created here are too strong to ever be broken completely.

We have grown together, and now, sadly, it's time to grow apart a little. We have come very far together, but we still have a far greater distance to travel our separate ways. The future lies straight ahead of you, and it is your choice to take that path and direct it wherever you wish it to lead you. This school may have taught you how to approach your life, but you have to decide how you want to live it. To the sixty beautiful young women out there today, when you walk through that door, hold your head up high, tears and all, and smile. Today marks the first day of the second stage of your life, and if you believe in yourself, there's no telling what you'll be capable of. My most sincere hope for you is that the future will bring you happiness above all else. Farewell.

Lisa Zimanyi, Class of 2004



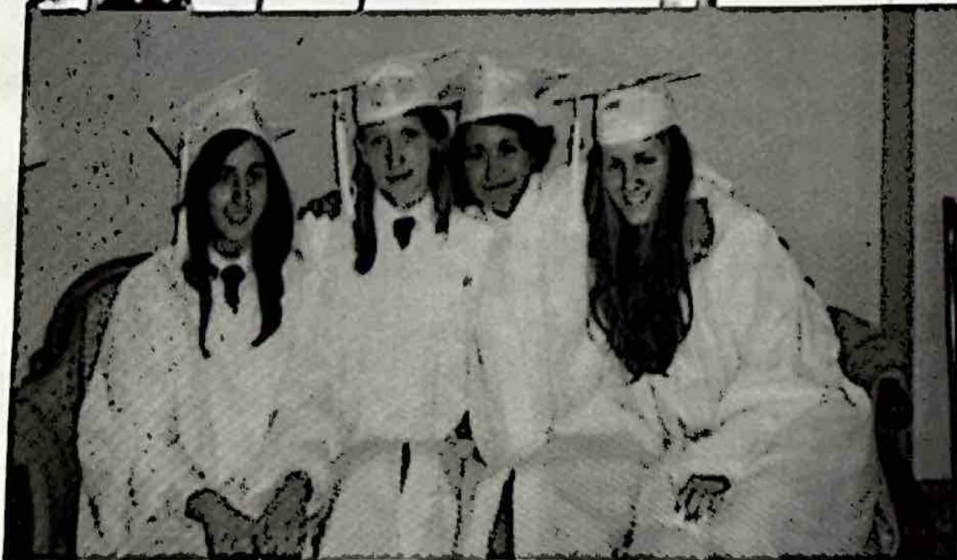
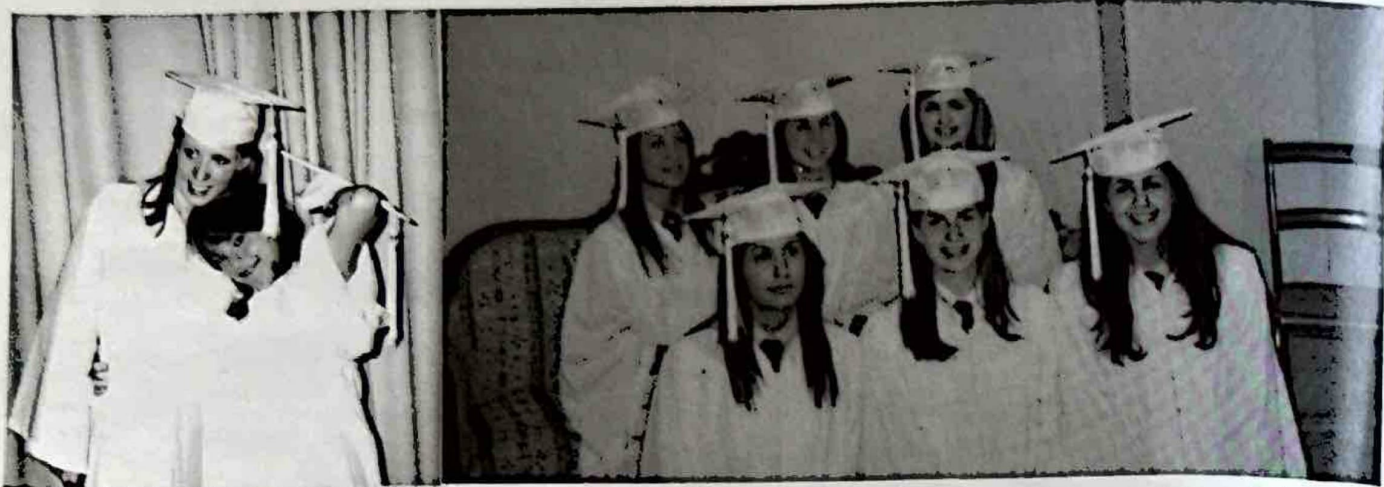
# Most Likely...

- 
- Martha- to be the next Pedro Almodovar and meet the love of her life at a journalism convention.
- Laura Aiken- to live in her parents' house for the rest of her life, living off her mom's cupcakes and reading comic books.
- Sarah A- to buy the Canadiens just to meet Theo while wearing a prom dress and the tuque.
- Nuri- to argue her way out of everything, while telling people how to pronounce her name properly.
- Sofia- to lead a rebel group, overthrow a government and have her own island called Fula Doe, with big lipped people called Sufs.
- Hawi- to succeed in life by getting in trouble.
- Catherine B- to paint the world pink while on a rage to take over the world.
- Sarah J. B.- to laugh at a funeral and become world famous for her WAAA??? remix.
- Halina- to get married while humming Oh Christmas Tree, not realize it, and then blame the confusion on the dent in her head.
- Nicole- to float off into oblivion, while insisting her taste in music is completely justified.
- Khandro- to marry a stranger but, only if he is good looking.
- Michelle- to become a bushwoman and live in the forest with her beloved paddle.
- Natasha Cami- to be censored.
- Elise- to break in half while being hugged.
- Liana- to become a hobo, live in a cardboard box while playing her instruments in her banana suit with her "special" friend biscuit....
- Tecla- to have a crater on the moon named after her dimple.
- Stephanie Churron- to fall off a cliff at Jay Peak due to her attempt to check out the hot skier, while keeping a smile on her red face.
- Tanya- to get surgeries on her neck because she permanently damaged it when throwing her head back laughing in high school.
- Gloria- to be a one woman choir in her own church. Sing your little heart out.
- Beth- to marry a short stocky man with huge feet (can you spell HOBBIT)
- Amanda- to blow up a building with her loud voice and obnoxious clapping, and be extremely late for her wedding.
- Stephanie Coull- to public speak her way into making Irish Dancing an Olympic sport.
- Bianca- to be engaged to a guy and like another guy 5% more and get engaged to him instead.
- Lara- to sleep at her friend's house for the rest of her life so her parents don't know where she is.
- Carolyn- to become the next Hillary Duff.
- Justine- to not read this.
- Myriam- to fly to Fiji, buy tacky souvenirs and marry a French Immigrant.
- Candice- to be the 85 year-old woman on the bus with the Ogilvys bag and \$45 000 worth of botox in her forehead.
- Alicia- to join a self-help group.
- Pamela- to meet the man of her dreams and drive him to insanity, talking about Girl Guides.
- Teedah- to become a supermodel while designing garbage bag couture.
- Sara H- to be chased by Liana in a banana suit while driving and crash into McDs because her clammy hands slipped off the wheel.
- Emily- to become a famous poet and fall asleep at her book signing.
- Nairy- to become a celebrity, marry a celebrity and divorce him for the money, then find the next celebrity.
- Katherine K- to be found sleeping in gym class.
- Marina- to write for Spin Magazine and race her PT Cruiser through San Fransisco's streets.
- Vanessa L- to not be allowed to go to a prestigious fashion school in Barcelona and therefore working for Sara at McDs.
- Jennifer- to end up with her own Hungarian talk show.
- Jessica Mc Bain- to pull a \$10 000 000 winning lottery ticket out of her purse while looking for her Chanel perfume.
- Natalie- to get engaged to a Scot, but die laughing at his accent on the way to the altar.
- Alex- to meet a guy on the internet, get an internet marriage, then get divorced on the internet, and then start a new internet affair.
- Adriana- to become a groupie and tour the world living by the philosophy "it rhymes so it must be true".
- Vanessa P- to move to Florida at 21 and spend thousands of dollars on the shopping channel while her husband plays in the NHL.
- Tiffany- to spazz out on the day of her wedding, become a spazzologist and invent spazziology all while spazzing.
- Dana- to become a teacher and adopt all her students.
- Christina- to stalk the Canadiens, get arrested, bail out of jail and become a nun.
- Natasha Rizzo- to get arrested for killing her boyfriend's lover and have the hottest mugshot.
- Caroline- to become an RCMP officer and die from hiccuping.
- Deidra- to marry a truck driver over the internet.
- Jessica Sew- to name her first born Stewie and make his first words be "VICTORY SHALL BE MINE".
- Margaret- to improvise her speech on election day, then settle for marrying the President.
- Ashley- to work in a coal mine to become black, marry a black guy, take a shower, and meet the mafioso of her dreams.
- Katie S- to win a contest to meet the Strokes, trip down the stairs and meet them in a body cast.
- Laura V- to get her hair and make-up done before going into labour, then complain that she doesn't look good enough to give birth.
- Amanda Vecchio- to have the most plastic surgery and end up looking like Micheal Jackson.
- Keyinsha- to be the first grey and pink human cannonball.
- Andrea- to rebel and take over the world while singing "Angelal" with her mini keyboard.
- Laura Z- to become a pharaoh of Egypt and own a blingbling shop, and three underground clubs with Lill and Bar as the star acts.
- Lisa- to start her own sadistic math camp and have an affair with a ruler.











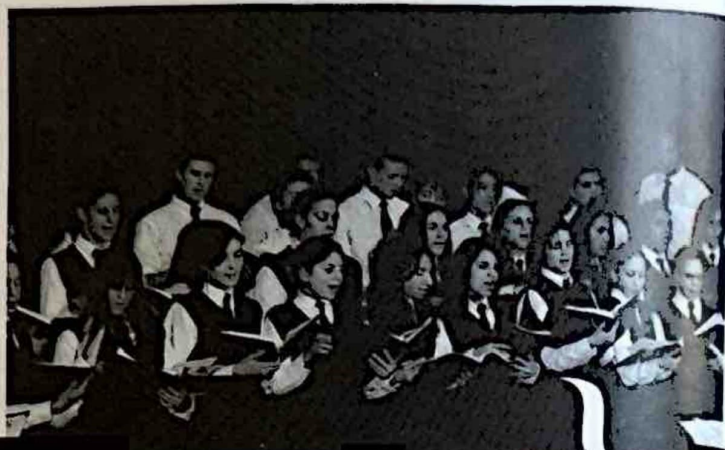


# ACTIVITIES





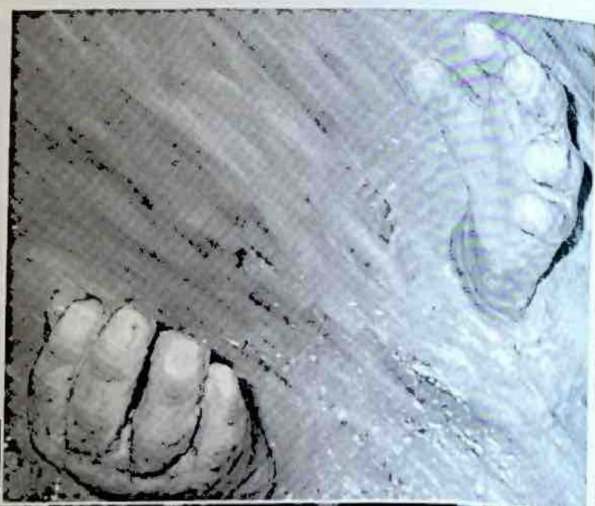
# Arts



# Festival

Ars longa, vita brevis.

This year's Arts Festival was held on May 13, 2004, in the Reception Room. An exhibition of students' artwork was followed by a dramatic excerpt of *Pyramus and Thisbe* (*A Midsummer Night's Dream*) performed by the Sec IV-V drama elective. The evening culminated with a musical performance in conjunction with the Loyola Ogilvy Ensemble.







## DRAMA PRODUCTION 2004

# A MIDSUMMER NIGHT'S DREAM

The school production for 2004 was Shakespeare's *A Midsummer Night's Dream*.

The secondary IV-V elective, as well as a few secondary IIIs, bonded over the months of hard work under the talented direction of Ms. Arsenault.

Cast's favorite things:

1. Evanthia's thornbush
2. Mel's dancing
3. *Putting on* facial hair
4. "Asleep my love, what, dead my dove?"





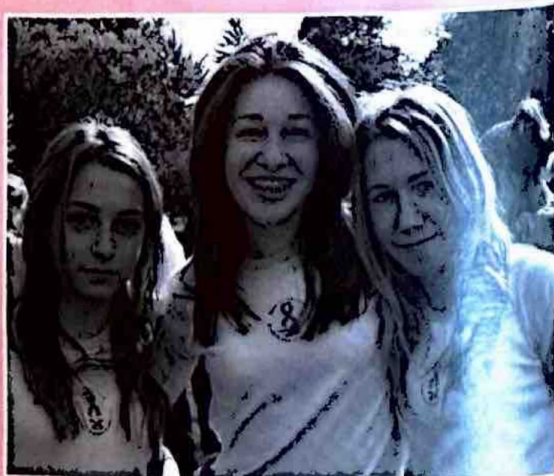
## GIRLS FOR THE CURE

On September 30th, 2003, we walked for our mothers, our aunts, our sisters and ourselves. We came together as one and fought for thousands. It was a relatively cold day, but our presence seemed to warm up the atmosphere and produced a much needed level of hope. The six girl schools worked together and walked with a goal in mind. Our goal was a cure.

To the girls who walked, our sincere thanks.

To the women who are victims, our love, prayers, and devotion.

By Christina Rizzo-Breast Cancer Committee Member 03'





# ROBOTICS







## DASHABUSTAAD

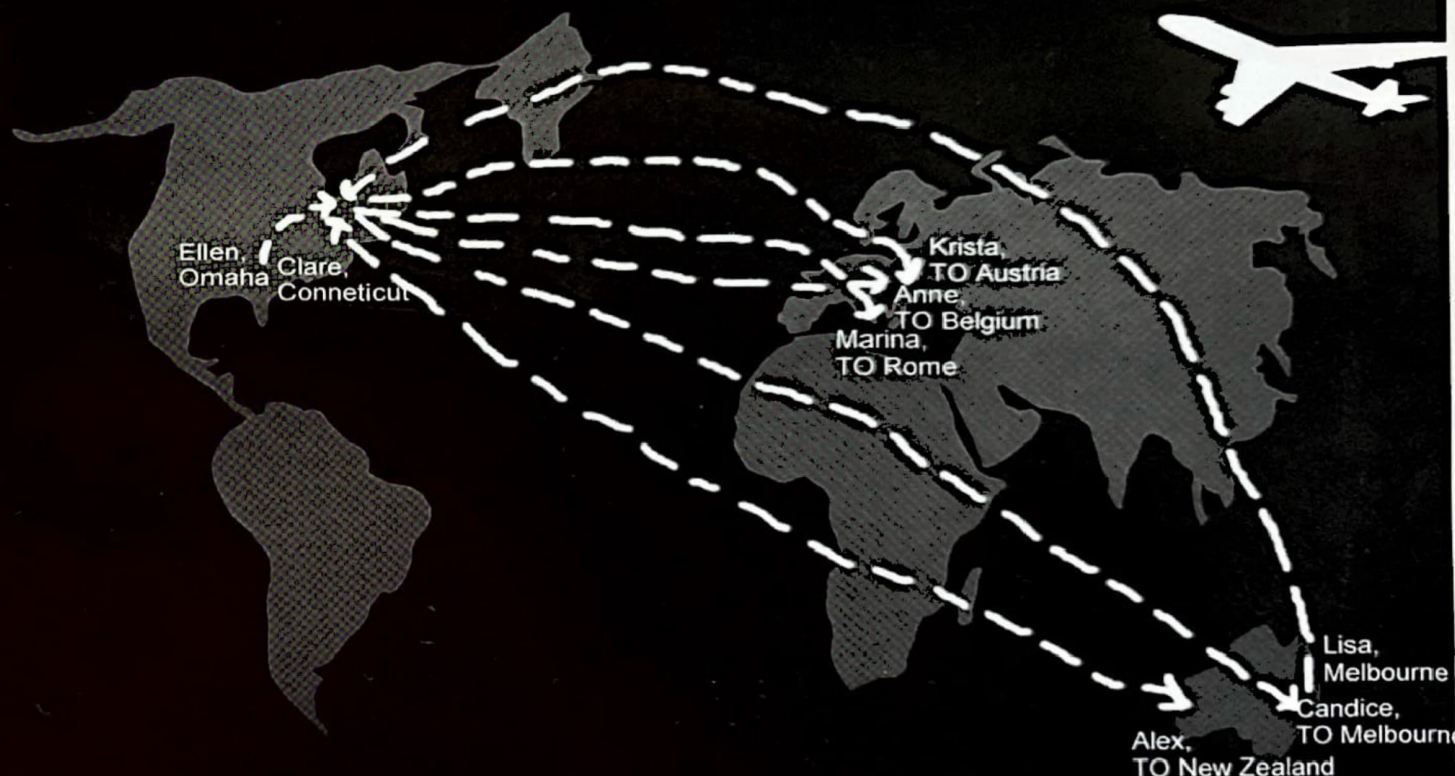
This year's Talent show for Dashabustaad was replete with undiscovered talent, with performances in all different genres of singing, dancing, and dramatic interpretations. Good going girls!







Thanks to the Student Exchange coordinators Ms. Potter, Mme. De Sainte Marie, and Mr. Fillion, many of our girls had the incredible opportunity to visit Sacred Heart Schools in other countries. As well, several girls visited us, staying with students in secondary IV and V.



## STUDENT EXCHANGE





# Carnival







Christmas Wishes 2003 commemorated the 75th anniversary of the City House. In this year's play we heard five alumnus tell nostalgic holiday stories. During the story telling sessions the acting and dancing talents of students in all grades were showcased.

Many laughs were shared, and the Christmas spirit was spread throughout the Sacred Heart community.



Christmas Wishes



# Poetry

## Winners of "THE BEAT" poetry competition

### Dancing Shadows

Are we not just shadows,  
Passing through the earth  
Leaving our footprint  
For other generations  
To make deeper  
Ones beside?  
Discoveries will be made,  
Each footprint will become  
Like a fading shadow,  
After the horizon swallows the sun  
Soon to disappear  
After the sun vanishes  
Below the sea,  
Like water filling a footprint  
In the sand.  
Those footprints will  
Serve as a memory of  
Those that came before  
The shadows that keep on dancing  
And led the future to the present.  
To what purpose will  
Those footprints be yoked  
After the earth is no more  
And generations  
Cease to exist?  
Then, those footprints will  
Also have fled with their shadows,  
Who keep on dancing in another world.

Elyse Fryml, II

### Death

I sweep the streets and take  
Those who stand up and say,  
"Spare me, give me one last chance,  
I don't want to die today."

I bring pain, I bring grief  
And I cut short the lives  
Of children, women, men alike,  
Slash away their breath with knives.

In time of war and suffering,  
I am the dark that lingers  
Amid disease and infection,  
Hollow eyes and bony fingers.

I am the cradle-robber,  
I love the sound of babies' cries.  
I visit the elderly,  
Bask in the terror in their eyes.

I am the scourge that terminates  
The happiness that reigns.  
I am the spell that abates  
Life, I am Death, I live in your veins.

Meaghan Evans, IV

### After School

Walking down from school  
on a warm spring afternoon  
I feel soft hands on my heart—  
an old man helping his wife into the car,  
young boys playing in their courtyard,  
teenage girls applying makeup at the bus stop,  
while there is always a thin sheet of anguish and worry  
that covers even the tiniest corners of the city.  
And the sister, though bored and tired  
after studying all day long,  
picks her little brother up into her arms  
and tells him how much he means to her.

tu eres mi corazón y mi vida... nino.

and in return, he smiles, a mouth missing two teeth.  
And with that, they walk home hand in hand  
each after school.

Emily Howard, V

**1st Place: Meaghan Evans**  
**2nd Place: Emily Howard**  
**3rd Place: Elyse Fryml**



## The Robin

I saw a robin once;  
Whose chest shone the brightest red.  
And made jealous the maiden's cherry lips,  
Whose deep envy from tears would spread.  
Where, good robin, wander you?  
With so puffed a plummy chest.  
To make sore the hearts of the pretty maids  
Who couldn't match you, nay at best.  
To fetch a pearl of dew'  
To give to a maiden fair  
Who dwelt low on the earthy ground  
And oft dreamt to join the air.  
But the sun's brilliance  
Did away with the pearl of dew.  
And a present for his earth bound love,  
He was forced to seek anew.  
So he took his feathers  
With their crimson hues shining bright  
To give to his love with hope and prayer  
Hoping they would aid her in her flight.  
Yet woe, my dear robin:  
Your fair maiden now lies dead  
And in place of your dearest delight  
Was a dark, cold stone instead.  
Though she reigns not below  
The earth no longer holds your maid  
But look to the skies, thou woeful robin  
And not where she is now laid.  
An angel she became  
Whose wings shone with love and light  
And with love mad the sweetest promise  
To watch o'er you day and night.

Stephanie Maris, III

## Imagination

Images of memories  
Long lost, form in my mind;  
A myriad of solemn whispers  
Ring throughout my being.  
Beckoning, tempting;  
Succumbing to the call,  
I fall quietly into myself,  
Letting none enter here.  
Alone, sheltering my essence,  
From the cruel realities of life,  
I embrace the coming darkness,  
Reveling in the moon's dim light.  
All my hopes and dreams are formed  
In this hated land called night.  
I can create an implausible world,  
Manipulating time's rhythmic flow;  
Following my own destiny,  
Drawing out my own fated course.  
And savouring the ages of immortality;  
I continue to dream.

Gabrielle Lafrance, III

## Man of the Birds

Rhayader, like the soft coloured marshes  
Was lonely; only birds filled his home  
Men stayed away fearing him as a monster  
For like Hephaestus he bore a crippled arm  
His forge a gallery for paintings alone  
Brightness in his life did not exist  
His honour was naught, appreciation saved for the end  
Friendliness there was none in the marshes but for the birds  
Until the arrival of a lost princess....  
This image of his soul brought to him a dear friend  
As one day he leaves her tears will flow forth  
Never will be shown her great love  
So deep as the grays of the marshes and blues of the sea  
It was concealed within a small wind-blown lass  
This young woman was one with the gray-blue marshes

And so he lived always alone  
But when Germany came to hunt men like meat  
Called by his manly duties alone  
He sailed to his death in a small boat to meet  
Soldiers trapped on the coast of La Panne.

Marion Gale, III

## In My Room

In my room it's so peaceful and quiet.  
Away from my brother,  
Away from his never-ending ways to improve me,  
Just plain away.

In my room it feels like a whole different world.  
Where I can go on different adventures,  
And sail across the different seas,  
Just plain different.

In my room I can concentrate.  
Concentrate on homework,  
Concentrate on understanding my novel,  
Just plain concentrate.

In my room I am whole.  
Whole in mind,  
Whole in spirit,  
Just plain whole.

In my room I can be me.  
Dancing-singing me,  
Daydreamer me,  
Just plain me!

Caroline Colozza, I



# SPRING BREAK 2004



This year for March Break, students from Secondary III, IV & V went on a trip to Italy.

The girls were accompanied by Ms. Gendron, Ms. Antonini, and Ms. MacCallum.

They visited cities such as Venice, Milan and Rome.

Everyone had a fantastic time!

They girls even stopped to visit the Sacred Heart School of Rome.



Above:  
Jessica Sew, Lisa Zimanyi,  
Adriana Pansera, Halina  
Bruce, Marina  
La Verghetta, Jennifer  
Marton, Laura Aiken and  
Sarah Al-Roubaie in Rome.

Bottom:  
Gladiators.

# ITALY

## Italy Wonderwall

Today is gonna be the day that we're gonna go to Italy  
By now she should have realized there's no R-E-S-P-E-C-T  
I don't believe that any guy here has ever seen girls like us before

And all the canals in Venice are all winding  
And all the statues that we see are blinding  
There are so many things that we'd like to say  
To the vendors but we don't know how  
But maybe Ms. Antonini will save us  
Cuz after all the teachers are our wonderwalls

The duomo was a very nice place to be,  
But then again we received no R-E-S-P-E-C-T  
I don't believe that any body really wants to leave--Italy

Ms. McCallum rocks with all her blocking  
And Ms. Gendron with all her walking  
When Sophie lost her money belt  
She really wants to thank you but she don't know how  
But maybe you're gonna be the one that saves us  
Cuz after all you're our wonderwall

And all the Sec Vs with all their shopping  
What's next year without Christina hopping  
There are so many goodbyes we'd like to say to you  
But we don't know how  
But maybe this isn't the end of our journey  
Cuz after all you're our role models



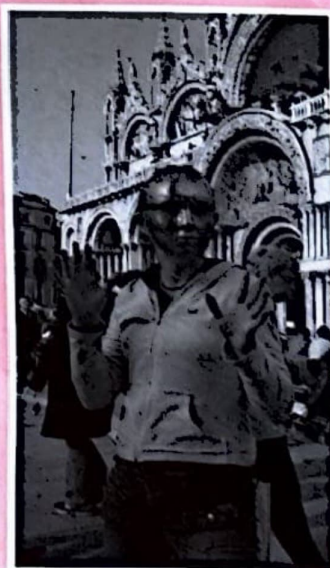




The Italy Crew!



On the Spanish Steps.



Sarah Al-Roubaie, Adriana Pansera & Lisa Zimanyi at the Fontana Di Trevi.

Masked In Venice.



# Secondary I Retreat



On September 19, 2003, the Sec 1s, accompanied by Ms. Mastro, Mr. Fillion and Mr. Hammett, went on their "We are family" themed retreat at Ermitage St-Croix. We answered questionnaires to get to know each other and watched a movie entitled "The Air Up There", which taught us to think about others. After a delicious lunch, we went outside to enjoy the fresh air. We walked by the lake, played by the swings and made new friends. Later we gathered in the retreat room and decorated a banner with drawings of Sacred Heart girls. Afterwards we sang songs, accompanied by Mr. Hammett on the guitar, including "Children of the Light" & "Stand By Me". At the end of our retreat Ms. Mastro gave us dove pins which symbolize peace and harmony. Overall, it was a wonderful experience and it gave us a chance to make new friends. We would like to thank all the teachers who came with us and we look forward to going on retreat next year.

by Bianca Bertola,  
Samantha Mastromonaco,  
Alexandra Uva and  
Cassandra D'Ambrosio







## Retreat- Secondary II

**Eternal sunshine of the  
spotless mind!**

**Each pray'r accepted, and  
each wish resign'd;**

**Labour and rest, that equal  
periods keep;**

**"Obedient slumbers that  
can wake and weep;"**

**Desires compos'd, affec-  
tions ever ev'n,**

**Tears that delight, and  
sighs that waft to Heav'n.**

**Grace shines around her  
with serenest beams,**

**And whisp'ring angels  
prompt her golden dreams.**







The sun dried our tears after  
"Simon Birch"

# Secondary III Retreat



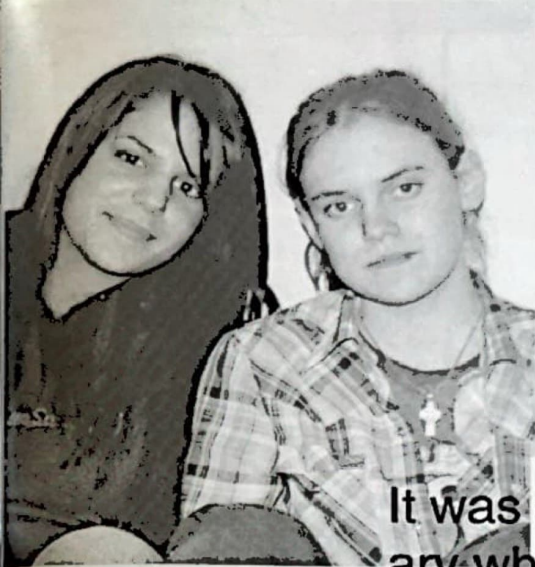
With our covered midriffs and  
glossless lips (kind of), our fun-  
filled and "reflectful" day began.



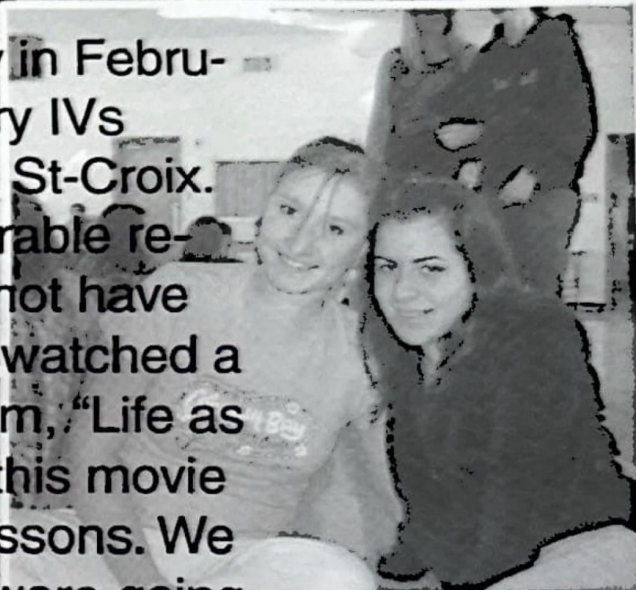
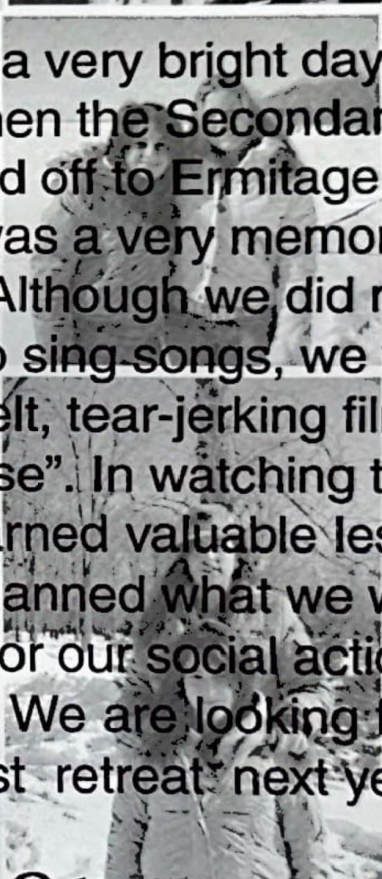
We were no Whitney Houstons but when it came to "if you're  
happy and you know it", everyone joined in.







It was a very bright day in February when the Secondary IVs headed off to Ermitage St-Croix. This was a very memorable retreat. Although we did not have time to sing songs, we watched a heartfelt, tear-jerking film, "Life as a House". In watching this movie we learned valuable lessons. We also planned what we were going to do for our social action as a group. We are looking forward to our last retreat next year.



# Secondary IV Retreat





SPORTS





# GMAA BANTAM SOCCER TEAM



Coach: Ms. Ingleton

Bianca Arciero, Alessandra Arduini, Lara Artinian, Lia Asquini, Gabrielle Balit, Caroline Colozza, Cassandra D'Ambrosio, Caitline De Seve, Lynn Dillon, Ruveneko Ferdinand-Peterkin, Melania Golymbiowsky, Emma Hannouche, Elizabeth Hatzihristidis, Davina Lopocaro, Tian Martin, Josie Piscuneri, Michelle Vokaty

# PRIVATE SCHOOL SOCCER TEAM



Coaches: Mr. Kokkinias and Miss Cynthia Lombardi

Stephanie Aboud, Amanda Aziz, Bianca Bertoia, Chelsea Brossard, Olivia Cameron, Angela Cristiano, Krystin D'Agostino, Amanda De Riggi, Melissa De Riggi, Claire Farrell, Jessica Hindley, Alexandra Molettieri, Daphne Morin, Tiffany Pierogiovanni, Sonia Ponari, Alessandra Ruffolo, Chloe St-Cyr, Hillary Tabah, Alessia Vincelli

# MIDGET SOCCER TEAM



Coach: Mrs. Cummings

Vanessa Afonso, Allyssa Analytis, Jennifer Barwick, Andrea Cavaleri, Kirsten Charron, Virginia Clarke, Jessica D'Amico, Elisa D'Ascanio, Isabella Levesque, Sophia Angela Loffreda, Melissa Lombardi, Isabella Matteo, Stephania Roy, Emily Snell, Patricia Snell, Bianca Sportella, Stephanie Vokaty



## JUVENILE SOCCER TEAM

Coaches: Mr. Chimienti and Ms. Neeff

Stephanie Charron, Tanya Chawla, Teresa Chimienti, Amanda Conca, Cassandra Cuffaro, Jillian Davis-Annett, Nastasia de Paoli, Meaghan Evans, Justine Farah, Vanessa Lombardi, Jessica McBain, Jennifer Newton, Nicoletta Pantazopoulos, Vanessa Pertugia, Christina Rizzo



## BANTAM VOLLEYBALL TEAM

Coach: Mr. Page

Gabrielle Alacchi  
Joanna Bitharas  
Tiffany DeSousa  
Lea Dikranian  
Alana Guy  
Stephanie Karzon  
Liezl Lee  
Vivanne Luu  
Francesca Manno  
Alexandra Michailuk  
Vanessa Gaskolski-Ronald



## MIDGET VOLLEYBALL TEAM

Coach: Ms. MacCallum

Yasmin Moinuddin  
Alexandra Lantosh  
Ashley Arnold  
Robyn Asquini  
Elizabeth Stronach  
Andrea Latella-Duboyce  
Cynthia Mancinelli  
Claudia Bricero  
Madelyn Coull





# JUVENILE VOLLEYBALL TEAM



Coach: Mr. Kousik  
Supervisor: Ms. Antonini

Gloria Choi  
Bethea Clarke  
Carolyn Derynck  
Dayna Hajaly  
Sara McCulloch  
Shannon Summers  
Keyinsha Yokenderan  
Laura Zakem

# BANTAM TENNIS TEAM



Coaches: Mme Morrisseau  
Mr. Asquini

Lia Asquini  
Gabrielle Balit  
Gloria Ngyuen  
Mai Ngyuen  
Joanna Bitharas  
Alyssa Analytis  
Lisa Martin  
Daphne Morin

# MIDGET TENNIS TEAM



Coaches: Mme Morrisseau  
Mr. Asquini

Robyn Asquini  
Charlotte Lamontagne  
Anna Pollock  
Monica Peters  
Deena Patel  
Nastasia De Paoli  
Danielle Beard  
Marion Gale  
Gabrielle Lafrance



# GMAA BANTAM BASKETBALL TEAM

Coaches: Mrs. Cumming and Mr. Griffin

Lara Artinian, Caitlin De Seve, Kayla Di Gaetano, Lea Dikrian, Ruveneko Ferdinand-Peterkin, Melania Golymobiowsky, Elizabeth Hatzihristidis, Gillian Kerr, Tian Martin, Emily Snell, Alexandra Troli, Michelle Vokaty



# PRIVATE SCHOOL BASKETBALL TEAM

Coach: Ms. Fougere

Chelsea Brossard  
Cassandra D'Ambrosio  
Tara Frem  
Chloe Griffin  
Mercedes Griffin  
Sophia Loffreda  
Alexandra Molettieri  
Daniela Molettieri  
Tiffany Piergiovanni  
Marianne Roaldi  
Katrina Ross  
Hillary Tabah



# MIDGET BASKETBALL TEAM

Coaches: Ritou and Priya Maloni

Stephanie Alberga, Olivia Burke, Andrea Cavaleri, Isabella Covino, Tracy Frem, Linnet Ganten, Nisha Jaga, Stephanie Khoury, Nicoletta Pantazopoulos, Stephania Roy, Ravneet Singh, Stephany Vokaty





# JUVENILE BASKETBALL TEAM



Coach: Ms. Neeff

Sarah Al-Roubaie, Anne Michelle Arless, Halina Bruce, Nicole Brunelle, Sophia Grigoropoulos, Melissa Hindley, Deena Patel, Deidra Santos, Andrea Sargisson, Alexandra Valente-Fernandes, Tenisha Valliant

# JUVENILE FOOTBALL TEAM



Coaches: Mr. Vannelli  
Mr. Charron  
Supervisors: Mrs. Arella  
Ms. Neeff

Alexandra Abrol  
Jennifer Barwick  
Halina Bruce  
Nicole Brunelle  
Olivia Burke  
Andrea Cavaleri  
Stephanie Charron  
Nastasia De Paoli  
Melissa Desmarais  
Caroline Donahue  
Jennifer Marton  
Katherine Meredith  
Jennifer Newton  
Patricia Snell  
Keyinsha Yokenderan  
Stephanie Vokaty

# SWIMMING TEAM



Coach: Kerry Cregan  
Assistant: Caroline Roy  
Supervisor: Mme Talbot  
Allyssa Analytis, Chloe Peterson-Beaudoin, Vanessa Cheng, Lynn Dillon, Olivia Durand, Katharine Reusch-Desautels, Alexandra English, Jacqueline Mackinnon, Samantha Mastromonaco, Mai Nguyen, Valentine Ostaszewski, Teresa Sweet, Gianna Zapitelli, Jillian Davis-Annett, Jennifer Barwick, Virginia Clarke, Caroline Donahue, Natasha Egiziano, Jennifer Newton, Tania Pellizzari, Monica Peters, Lisa Rasmussen, Anna Suppan, Pamela Hamilton, Emily Howard, Alex Pakis, Caroline Roy.



# BANTAM FOOTBALL TEAM

Coaches: Mr. Griffin  
Mr. Cumming

Lara Artinian  
Gabrielle Balit  
Kirsten Charron  
Cassandra D'Ambrosio  
Lea Dikranian  
Ruven Ferdinand-Peterkin  
Elizabeth Hatzihristidis  
Gillian Kerr  
Vivianna Luu  
Tian Martin  
Cara Orsini  
Marianne Roaldi  
Alexandra Troli  
Michelle Vokaty



# BADMINTON TEAM

Coaches: Mr. Page and Mr. Clarke

Joanna Bitharas, Tara Brownbill,  
Caroline Colozza, Stephanie  
Karzon, Andrea Latella-Duboyce,  
Cynthia Mancinelli, Lisa Martin,  
Chloe Russo, Elizabeth Stronach,  
Alexandra Uva, Vianna Yu, Vanessa  
Afonso, Stephanie Amorosa, Tina  
Athanasoulis, Shayesta Chatto,  
Arohie Chopra, Jessica D'Amico,  
Sandra Godin, Alexandra Lantosh,  
Kathryn Palmer, Patricia Snell,  
Monika Zilic, Gloria Choi, Bethea  
Clarke, Justine Farah, Anna Suppan,  
Jeyinsha Yokenderan, Lisa Zimanyi



# SOFTBALL TEAM

Coach: Mr. Hammett  
Manager: Alexandra Pakis

Laura Aiken, Waienhawi  
Barnes, Halina Bruce,  
Catherine Brunelle, Nicole  
Brunelle, Khandro Burkhar,  
Gillian Kerr, Lisa Martin,  
Jennifer Marton, Catherine  
Meredith, Adriana Panseera,  
Tanya Pellizzari, Monica  
Peters, Amanda Lee Phillips,  
Anna Pollock, Jessica Sew, Lisa  
Zimanyi





## INDOOR TRACK AND FIELD TEAM



Coach: Mme Belfort

Michelle Arsenault, Gabrielle Balit, Tara Brownbill, Caroline Colozza, Angela Cristiano, Sofia Di Girolamo, Caitlin Dixon, Daphne Morin, Jennifer Barwick, Erin Brownbill, Melissa Desmarais, Caroline Donahue, Isabelle Levesque, Stephanie Maris, Isabelle Matteo, Kathryn Palmer, Alyssa Power, Shannon Summers, Stephanie Vokaty.

## OUTDOOR TRACK AND FIELD TEAM



Coach: Mme Belfort

Nicole Brunelle, Bethea Clarke, Justine Farah, Myriam Fournier-Tombs, Lisa Zimanyi, Jennifer Barwick, Erin Brownbill, Virginia Clarke, Melissa Desmarais, Marion Gale, Diana Mackinnon, Isabella Matteo, Alyssa Power, Samantha Reusch-Desautels, Bianca Sportella, Shannon Summers, Stephanie Vokaty, Michelle Arsenault, Sofia Di Girolamo, Lynn Dillon, Caitlin Dixon, Alexandra English, Emily Snell, Michelle Vokaty.

## CROSS-COUNTRY RUNNING TEAM



Coaches: Mrs. Cochrane and Mme Belfort

Lara Artinian, Jessica Bindra, Tara Brownbill, Bianca Cuffaro, Kayla DiGaetano, Caitlin Dixon, Alexandra English, Elizabeth Hatzihristidis, Marianne Roaldi, Alexandra Uva, Michelle Vokaty, Catherine Dunn-Sarmiento, Justine Farah, Alyssa Power, Diana Wilberg, Kayla Yip



# CROSS-COUNTRY SKI TEAM

Coaches: Lori Baird  
Mrs. de Verteuil  
Advisor: Mme Tchemigovskaia

Kristina Raimondo, Kirsten Charron, Cara Orsini, Janet Belliveau, Sarah Crevier, Catherine Dunn-Sarmiento, Marion Gale, Charlotte Lamontagne, Diana Mackinnon, Jennifer Panetta, Alyssa Power, Caroline Rudolf-Zabarsky, Patricia Snell, Bianca Sportella, Kayla Yip.



# HALO ROAD RACE TEAM

Coach: Ms. Nish

Gabrielle Balit, Kirsten Charron, Amanda De Riggi, Melissa De Riggi, Mercedes Griffin, Andrea Latella-Duboyce, Cara Orsini, Ruven Ferdinand-Peterkin, Stephania Roy, Emily Snell, Hilary Tabah, Michelle Vokaty, Katelyn Abbey, Adrienne Campbell, Caroline Donahue, Justine Farah, Myriam Fournier-Tombs.



# GOLF TEAM

Coach: Mr. Page

Anne-Michelle Arless  
Tanya Chawla  
Melissa Hindley  
Jennifer Newton







# CLUBS







## JEUNES DEMOCRATES

*Dan Thanh Truong, Nicole Brunelle, Jennifer Marton,  
Lisa Zimanyi, Elise Carre.*

## ISSUES IN ECONOMICS

*Marina La Verghetta, Pamela Hamilton, Candice Fridman, Michelle  
Cadieux, Adriana Pansera, Jennifer Marton, Stephanie Coull,  
Amanda Conca, Katie Stavro, Lisa Zimanyi, Waiehawia Barnes,  
Laura Aiken, Sarah Al-Roubaie, Elise Carre, Tanya Chawla, Bethea  
Clarke, Andrea Zakem*

## CHORALE

*Stefania Bertrand, Gabrielle Lafrance, Stephanie Amorosa,  
Sandra Godin, Tara Brownbill, Erin Brownbill, Shayesta  
Chattoo, Marion Gale, Melanie Al Ahmad, Diana Mackinnon,  
Cynthia Mancinlli, Alexandra Uva, Chloe-Lynn Russo.*



Vocal Ensemble 2003-2004

## VOCAL ENSEMBLE

*Sarah Al-Roubaie, Stephanie Amorosa, Robyn Asquini, Caillin Babin,  
Stefania Bertrand, Erin Brownbill, Halina Bruce, Melissa Cavaliere, Bethea  
Clarke, Virginia Clarke, Madelyn Coull, Sandra Godin, Sophia  
Grigoropoulos, Michelle Lewis, Stephanie Maris, Kathryn Palmer, Jennifer  
Panetta, Stephanie Panetta, Sophie Predan-Chauvin, Samantha Reusch-  
Desautels, Sophia Sekkat, Jessica Sew, Claudia Spina, Dan Thanh Truong,  
Lauren Vaupshas, Vanessa Velikoff-Woo, Keyinsha Yokenderan.*

## DEBATING CLUB

*Myriam Fournier-Tombs, Anna Suppan, Christina Rizzo, Dan  
Thanh Truong, Candice Fridman, Samantha Backman, Janet  
Belliveau, Jessica Bindra, Pamela Caccese, Bianca Cufaro, Lia  
D'Abate, Marion Gale, Grace MacDonald, Stephanie Maris,  
Isabella Matteo, Kathryn Palmer, Alyssa Power, Karimah  
Rahman, Patricia Snell, Elizabeth Stronach, Stephanie Vokaty*

## CLUB DE FRANCAIS

*Marion Gale, Sandra Godin, Charlotte Lamontagne,  
Alexandra Lantosh, Patricia Snell, Claudia Spina,  
Stephanie Panetta, Sophie Predan-Chauvin, Bethea  
Clarke.*

## SHE INVESTMENT

*Stephanie Coull, Sarah Al-Roubaie, Myriam Fournier-Tombs,  
Amanda Vecchio, Justine Farah, Catherine Bornasal.*





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*Ballbina Zakrzewska, Bianca Bertoia, Pamela Cacceza, Samantha Mastromonaco, Danyne Morin, Sofia Di Girolamo, Alexandra English, Cassandra Giacconi, Karenia Kalman, Vanessa Cheng, Vianna Yu, Im-Amara Mens, Tanya Naani, Valentine Ostaszewski, Jessica Carriero, Claire Farrell, Kia Watkins-Martin, Carissa Wong, Riroen Ferdinand-Peterkin, Grace McDonald, Rachel Thoun, Jessica Corino, Tara Frey, Cynthia Mancinelli, Francesca Maggio, Mai Nguyen, Jennifer Newton, Meghan Demson, Janet Belliveau, Michelle Leys, Alyssa Power, Melissa Desmarais, Catherine Palmer, Krista Hold.*



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*Sophie Predan-Chauvin, Natasha Lobasso, Claudia Spina.*

*Faithful Recyclers: Vanessa Pendenza, Charlotte Lamontagne.*



### NEWSPAPER

*Samantha Reusch-Desautels, Diana MacKinnon, Virginia Clarke,*

*&  
staff.*



### ART COMMITTEE

*Head: Candice Fridman*

*Sub-Heads: Martha Aguilar*

*Michelle Cadieux*



### LITURGICAL CHOIR

*Ashley Arnold, Jennifer Barwick, Janet Belliveau, Stefania Bertrand, Arohie Chopra, Lia D'Abate, Sophia DiGirolamo, Marion Gale, Gabrielle Lafrance, Natasha Lobasso, Stephanie Maris, Kathryn Palmer, Alyssa Power, Sophie Predan-Chauvin, Claudia Spina, Bianca Sportella, Stephanie Vokaty, Krynisha Yokenderan.*



### FIELD HOCKEY CLUB

*Maria Cusina-Dovico, Caroline Rudolf-Zabarsky, Charlotte Lamontagne, Melanie Tutino, Katerina Pansera, Marion Gale, Im-Amara Men, Carissa Wong, Amanda Marando, Janet Belliveau, Alyssa Power, Sarah Crevier, Elise Fryml.*





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October 8th, 2004
- L. Ian McDonald, Political columnist, The Gazette  
March 14, 2005
- Wayne Commerford, Principal, James Lyng High School  
May 2nd, 2005

...a hush falls over the room as the speaker enters. Voices join in "O Canada". This simple ceremony unites the gathering just as it has thousands of Canadian Club meetings during the past one hundred years. These gatherings are part of our Canadian heritage...

*For membership inquiries please contact Ms. Gwen Calder. Tel: (514) 933-8067*









"To accomplish great things  
You must not only act  
but also dream  
Not only plan  
but also believe."

May all your future endeavors lead you to  
success and happiness  
in the years to come.

To the Sacred Heart graduating class of  
2004 Congratulations and best of luck!  
The Conca Family

P.S. Amanda, you have made us proud.  
Keep it up. You can do it. Your  
opportunities are endless! Be happy!

Love Mom, Dad & Tania  
XOXO



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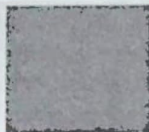
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Congratulations to  
the graduating class of 2004

From the Parents' Guild





## *To the Rising Stars of 2004*

*In this, our anniversary year, the Class of 2004  
marks the 75th class to graduate from  
this beloved building,  
our City House.*

*As you leave this place, you now enter a new phase  
in your life at Sacred Heart as our most recent  
alumnae.*

*The Alumnae Association offers you our  
heartfelt support and best wishes for success  
in all your future endeavors.*

## *Congratulations!*

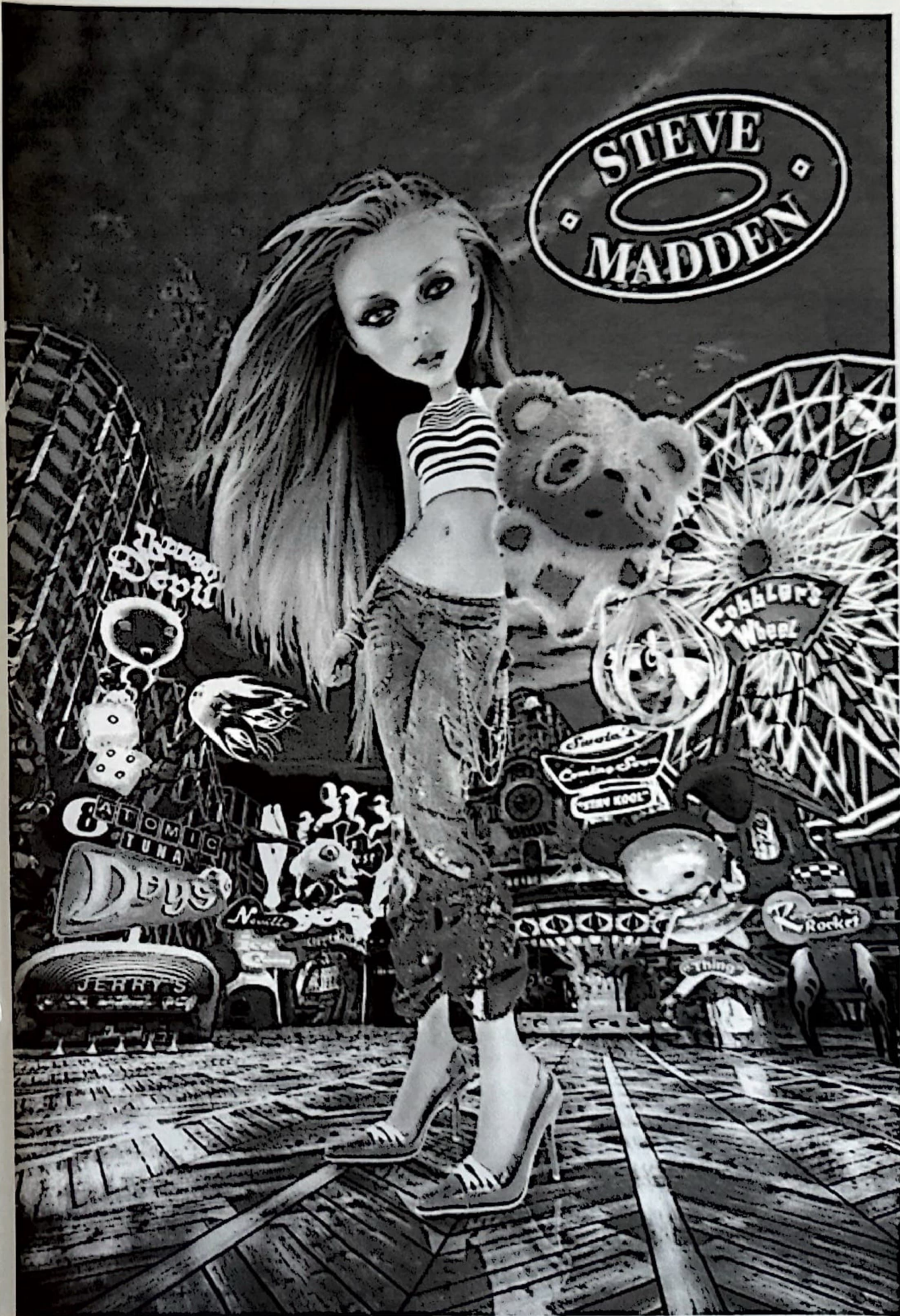


# Candie's.

*Kelly Clarkson*









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*«Dream as if you'll Live Forever:  
Live as if you'll die today!»*

James Dean



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On behalf of Groupe Rinaldi Communication Marketing,  
we wish you all the best in your future endeavours.



Martha showed the grade that she was an artistic genius with her "Thoughts from Within".  
 Laura A. corrupted our grade through literature.  
 Sarah A. was our sarcastic bench warmer.  
 Nur was the only one who actually thought about A-Levels during her years at Sacred Heart.  
 Sofia ... words cannot begin to describe what Sul brought to our grade... she was a breath of fresh air in an overheated school with little ventilation.  
 Hawi asked the important questions... like "What's wrong with your grass?"  
 Catherine gave our grade a grad song and managed to make it through five years without severely harming anyone.  
 Sarah B. always seemed to be laughing at someone's joke... or maybe just at someone.  
 Halina personified cuteness (according to Marina) and gave the best hugs.  
 Nicole was the first person to come to mind when sports were mentioned.  
 Khandro, despite being the oldest, remained the youngest at heart.  
 Michelle made her presence known to the school in many memorable ways.  
 Natasha C. was more than just what met the eye.  
 Elise was like the resident energizer bunny... she kept going and going and going... even when it seems like there was simply not enough time.  
 Liana made us laugh... she also made us cry (because we were laughing so hard).  
 Tecla was the one who made you smile on the inside.  
 Steph Charron was tomato red cuteness.  
 Tanya always seemed to finish what she started... which is a whole lot more than can be said for some...  
 Glona was always singing like she was in the shower.  
 Beth was the one you secretly (or not so secretly) respected for her strong sense of morality and her beliefs.  
 Amanda was determined, dedicated and beautiful, but stop stressing!  
 Steph Coull will surely Irish dance her way to the top.  
 Bianca was our exotic world traveler.  
 Lara never strayed from voicing her opinions and was always blunt.  
 Carolyn redefined the word family by sticking to her roots.  
 Justine never really seemed to care what other people thought, she stayed true to herself.  
 Myriam warmed our hearts with her French dancing.  
 Candice... Candice... what couldn't Candice do? Candice was like our grade's Wonder Woman... succeeding in everything she tried.  
 Alicia was the one who changed the most but still managed to keep the same friends.  
 Pamela always seemed to be talking about Girl Guides... that shows a strong sense of dedication.  
 Teedah was our supermodel... she could even make a garbage bag look good.  
 Sara H. had the grade fuel her McDonald's habit, but we loved her still.  
 Emily always seemed to be lost in a book, during her years at the Heart she probably read more than most girls combined.  
 Nalry was wacky on the inside once you got to know her... definitely one of those "Crazy People".  
 Katherine K was a genuinely nice person... cute (adds Marina)  
 Marina was Nat's fellow Mushroom lover/hater... her time has been divided into three categories since she came to Montreal: School, Maggie's (NCJ) and home, in the end we hope it was worth it.  
 Vanessa Lombardi was at times a bit spaced out... ok usually... but who can say they didn't love her for it?  
 Jennifer defied blonde stereotypes, proving that blondes can be as smart as brunettes.  
 Jess M. was funny and sarcastic and looked like she was having a better time during these five years than most people.  
 Natalie should have modeled but never cared about that sort of thing... except for when she was with Candice... watch out reflective surfaces.  
 Alex survived more than her share of problems and has come out such a strong person... with such a squishy idol (SpongeBob).  
 Adriana... we love you Jana! She always had the best history notes.  
 Vanessa P. never swayed from her personality for 5 years.  
 Tiffany was always smiling... to the point where we started to ask ourselves "Is she ever unhappy?"  
 Dana was pretty and punk... and the only one to ever forget to wear a shirt under her sweater.  
 Cristina was by far the biggest Habs fan (rivalled only by Sarah). She also had issues with cell phones.  
 Natasha R. was always picture perfect. We don't think we ever saw her look bad... or white.  
 Caroline really seemed to care about the people around her, she was our grade's optimist.  
 Deidra was such an important part of our grade, and the cutest secretary ever... until you messed with her board.  
 Jess S. was a bit hard to read... it was at first hard to tell whether or not she was being serious or sarcastic... sometimes it still is... but you love us... right?  
 Margaret, it is hard not to associate her with Hairspray now.  
 Ashley was beyond explanation... she was perhaps a bit deluded (Ashley you are not black) but she was insanely lovable.  
 Katie was smart and organized and funny and... (the list goes on). She made religion class... I wasn't in her religion class but I can tell you it sounded nothing like the other two religion classes.  
 Laura V. was the smallest in our grade but filled her space well.  
 Amanda V. was hilariously funny and made the people around her laugh and feel loved.  
 Keyinsha... we worry about her a little bit in CEGEP there are no house points... but we are sure she will find something else to excel at.  
 Andrea wrote brilliant poetry and we will all buy her book.  
 Laura Z. was always good for a laugh, and wonderful at getting into character... be it a Backstreet Boy or MC Hammer.  
 Lisa suddenly became normal when Jenika wasn't around to share Shakespeare... but we all know she is a closet reciter!

# Goodbye Grads









# THE SACRED HEART SC





HOOOL

KT 5005  
SACRED HEART

VA

R2

8/SEP/03

KT 5005  
SACRED HEART

VB

R2

8/SEP/03

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VC

R2

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2003-2004

KT 5005  
SACRED HEART

EMD

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8/SEP/03

Sacred Heart  
Retakes



THE SACRED HEART SCHOOL OF MONTREAL

2004